



Venezuelan President Hugo Chavez is pictured in Tehran. US President Barack Obama said Tuesday he had no objection to Venezuela developing nuclear power for civilian energy purposes, days after Caracas and Moscow signed a landmark deal.


Obama backs Venezuela's right to nuclear energy

WASHINGTON — US President Barack Obama said Tuesday he had no objection to Venezuela developing nuclear power for civilian energy purposes, days after Caracas and Moscow signed a landmark deal.

"We have no incentive nor interest in increasing friction between Venezuela and the US, but we do think Venezuela needs to act responsibly," Obama told Spanish media at the White House.

"Our attitude is that Venezuela has rights to peacefully develop nuclear power," he said, adding that as a signatory of the nuclear non-proliferation treaty it must also meet its obligations not to weaponize those systems.

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PENTAGON UNDER FIRE



Undated file photo released by the US Department of Defense showing an aerial view of The Pentagon. Gunshots struck the Pentagon early on Tuesday but failed to penetrate the building, officials said, as police investigated the source of the gunfire.

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A French police officer watches protesters during clashes in Nanterre, outside Paris, Tuesday, Oct. 19, 2010. Some airliners steered clear of France and police clashed with stone-throwing youths Tuesday as a new round of nationwide strikes and protests over a bill raising the retirement age to 62 kicked off.

Associated Press

French retirement protests take violent turn

JENNY BARCHFIELD

Associated Press Writer

PARIS (AP) — Masked youths clad in black torched cars, smashed storefronts and threw up roadblocks Tuesday, clashing with riot police across France as protests over raising the retirement age to 62 took a radical turn.

Hundreds of flights were canceled and desperate drivers searched for gas as oil refinery strikes and blockages emptied the pumps at nearly a third of the nation's gas stations.

A series of nationwide protests against the bill since early September have been largely peaceful. But Tuesday's clashes, notably just outside Paris and in the southeastern city of Lyon, revived memories of student unrest in 2006 that forced the government to abandon another highly unpopular labor bill.

Still, President Nicolas Sarkozy was unbending Tuesday, vowing to guarantee public order in the face of "troublemakers." The government announced a plan to pool gasoline stocks so that dry stations can be filled. "There are people who want to work, the immense majority, and they cannot be deprived of gasoline," Sarkozy said. A new test could come as early as Thursday, when students plan a day of mobilization with a demonstration in Paris hours before the Senate is to vote on the retirement measure. "The government will continue to dislodge protesters blocking the fuel depots. ... No one has the right to take hostage an entire country, its economy and its jobs," Prime Minister Francois Fillon said after meeting with oil industry executives.

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Shots hit Pentagon; Police label it 'random event'



Law Enforcement Officers search for evidence along the I-395 expressway adjacent to the Pentagon, Tuesday, Oct. 19, 2010. The Pentagon entrances were locked down early Tuesday after a report of possible shots fired near the building.

(AP Photo/Pablo Martinez Monsivais)

By PAULINE JELINEK,
Associated Press Writer

WASHINGTON — Someone fired shots at the Pentagon early Tuesday in what security officials described as “a random event.”

No one was injured in the pre-dawn incident in which shots were fired into two windows at the sprawling Defense Department just across the Potomac River in suburban Virginia.

Steven Calvery, director of the civilian Pentagon Force Protection Agency, told reporters that a number of his

officers reported hearing five to seven shots fired at about 4:55 a.m. EDT near the south parking lot of the Pentagon. The Pentagon building and the roads leading it were briefly shut down as officers did an initial sweep of the area.

An internal search of the iconic structure found fragments of two bullets still embedded in two windows — one on the third floor and one on the fourth. The bullets had shattered but did not penetrate the windows, Calvery said. The windows were part of offices that are

being renovated and they were unoccupied at the time.

Calvery said he didn't know what kind of weapon was used but that it was probably a high-velocity rifle. No suspects were arrested, he said.

“Right now we consider this a random event,” he said.

But he also said authorities were looking at whether the shooting was related to Monday's discovery of bullet holes in windows at the National Museum of the Marine Corps. in Triangle, Va. The museum is associated with the Quantico Marine

Base, some 30 miles south of the Pentagon.

A rifle is also believed to have been used in that shooting, which may have occurred during early morning hours.

Pentagon investigators worked with the FBI as well as Arlington, Va. police, who helped sweep of the area, and Virginia State Police, who closed part of nearby Interstate 395 to search for evidence.

A dozen officers at around 9 a.m. walked side-by-side in a line as they combed through a grassy area on the south side of the building. Calvery said investigators were talking to some construction workers who also heard the shots. He said it was possible the shooter had stood on the roof of a nearby building.

A spokesperson for Prince William County Police, which is investigating the museum incident in Quantico, said his officers were working with the Pentagon force protection agency and were trying to determine if the two shootings were related.

A cleaning crew at the museum called police Monday when they noticed the bullet holes in a part of the building that faces Interstate 95. Gwenn Adams, a spokeswoman for the museum, said it appeared to have been hit by at least

10 rounds — five that struck glass and five marks on metal panels. Not all the bullets penetrated the glass, she said. The marks are high on the imposing 118,000 square-foot structure, Adams said. The museum did not receive any kind of threatening communication or messages before discovering the bullet scars, she said.

Police believe the shots were fired at the museum late Saturday or early Sunday, when no one was inside.

Investigators used a crane to inspect the damage Monday. Because of the height of the holes, police said they suspected the bullets were fired from a rifle. They were still working to determine the caliber of the bullets.

None of the museum's artifacts — including a harrier jet hanging near the damaged windows — was hit.

In early March a gunman opened fire at a Pentagon security checkpoint, wounding two police officers. John Patrick Bedell, 36, of Hollister, Calif., was shot by police and died hours later.

State, federal and local agencies were cooperating in studying surveillance video and questioning witnesses in connection with Tuesday's shooting. □

Military recruiters told to accept gay applicants

By ANNE FLAHERTY,
Associated Press Writer

WASHINGTON — The Defense Department said Tuesday that it is accepting openly gay recruits, but is warning applicants they might not be allowed to stick around for long.

Following last week's court ruling that struck down a 1993 law banning gays from serving openly, the military has suspended enforcement of the rule known as “don't ask, don't tell.” The Justice Department is appealing the decision and has asked the courts for a temporary stay on the ruling.

The Defense Department said it would comply with the law and had frozen any discharge cases. But at least one case was reported of a

man being turned away from an Army recruiting office in Austin, Texas.

Pentagon spokeswoman Cynthia Smith on Tuesday confirmed that recruiters had been given top-level guidance to accept applicants who say they are gay.

Recruiters also have been told to inform potential recruits that the moratorium on enforcement of “don't ask, don't tell” could be reversed at any point, if the ruling is appealed or the court grants a stay, she said.

The uncertain status of the law has caused much confusion within an institution that has historically discriminated against gays. Before the 1993 law, the Defense Department banned gays entirely and declared them incompatible

with military service.

Douglas Smith, spokesman for U.S. Army Recruiting Command based at Fort Knox, Ky., said even before the ruling recruiters did not ask applicants about their sexual orientation. The difference now is that recruiters will process those who say they are gay.

“If they were to self admit that they are gay and want to enlist, we will process them for enlistment, but will tell them that the legal situation could change,” Smith said.

He said the enlistment process takes time and recruiters have been told to inform those who are openly gay that they could be declared ineligible if the law is upheld on appeal.

“U.S. Army Recruiting



A protester rallying to demand the “Don't Ask Don't Tell” policy be repealed in March 2010. A federal judge has ordered the US government to immediately suspend a law barring gays from serving openly in the military, in a move hailed by activists battling to end a 17-year-old ban.

Command is going to follow the law, whatever the law is at the time,” he said.

U.S. District Judge Virginia Phillips, who had ordered the military to stop enforcing “don't ask, don't tell,”

was expected to deny the administration's request to delay her order. That would send the case to the 9th Circuit Court of Appeals. After Phillips' ruling last week, □

NJ college places ban on boozy energy drinks

TRENTON, N.J. — It's cheap, it comes in tall cans, and it contains caffeine, other common energy-drink ingredients and as much alcohol as four beers.

After students at northern New Jersey's Ramapo College were hospitalized last month after drinking Four Loko, the college president ordered that it and similar drinks be banned and he's encouraging other colleges and the state to follow suit.

"There's no redeeming social purpose to be served by having the beverage," President Peter Mercer told The Associated Press on Monday.

Robert Black, a customer chatting with the clerk at a liquor store near the beach in Atlantic City, explained how a 23.5-ounce can of Four Loko can come in handy. "If you only got \$2 and you need to get drunk, this is what you get," he said.

This is not a rum and Coke. "These products have higher levels of alcohol content in them, higher levels of caffeine in them," said Steven

Schmidt, a spokesman for the National Alcohol Beverage Control Association. "There's a lot of concern about whether combining these two is a good idea."

Mercer, whose college is a state-run liberal arts school in the New York City suburb of Mahwah, has quickly emerged as a major opponent of the products.

He said he'll do what he can to push New Jersey lawmakers to pass a bill introduced by Republican Assemblywoman Mary Pat Angelini that would ban the drinks a step that other states have not taken, though a handful have taken action to limit access.

The drinks have taken off in popularity this fall on college campuses, Schmidt said. And more states have been considering how to handle them.

This month, regulators in Michigan launched a review of the drinks' labels. Those that don't clearly show the percentage of alcohol, a depressant, and stimulants could be taken off shelves

in the state. Other states, including Montana and Utah, have taken measures to restrict access to the drinks.

The federal Food and Drug Administration is looking into whether the drinks are safe, and U.S. Sen. Charles Schumer, D-N.Y., is pushing the Federal Trade Commission to investigate their marketing. Ramapo's Mercer announced the campus ban, which took effect Oct. 1, after 23 intoxicated students were hospitalized over the span of a few weeks some after drinking Four Loko. Mercer said that's more hospitalizations than the college usually sees at the start of the school year.

He believes students consume more of the drink than they do of other forms of alcohol because it's designed to go down easily.

What's more, he said, high school students also were getting their hands on it.

Such drinks started appearing about five years ago. But the concept has a longer history: Soon after high-caffeine energy drinks like Red Bull



started appearing in the U.S. in the late 1990s, people started mixing them with vodka and other alcoholic beverages. But the new concoctions come in fruity flavors. Joose, made by United Brands Co., of La Mesa, Calif., comes in watermelon, among other flavors; and Four Loko, made

by Phusion Projects Inc., of Chicago, is available in several varieties, including fruit punch and blue raspberry. Neither company returned calls about the Ramapo ban, and websites for both companies say they don't intend to sell the colorful cans to anyone under 21. □

Ga. school district wins \$1 million Broad prize

ATLANTA — Georgia's largest school system has won the nation's top prize in public education, which will provide \$1 million in college scholarships for needy students in the district.

Gwinnett County Public Schools snagged the Broad Prize for Urban Education, an award the Eli and Edythe Broad Foundation gives annually to urban districts that show the most gains in student performance and closing minority achievement gaps.

It's the second year in a row the 150,000-student district was nominated for the prize announced Tuesday.

The district is 28 percent black and 25 percent Hispanic, with about half of students qualifying for free or reduced lunch. But last year in reading and math, Gwinnett County schools outperformed all other Georgia districts serving students with similar family incomes.

"We have high expectations for students," said Superintendent J. Alvin Willbanks. "Our teachers believe that all students can and should learn. It is their job to make sure that takes place every day."

Eli Broad called Gwinnett County the most improved large district in America. "They're the best," Broad said, quickly adding that others are also doing well.

"They're setting an example for lots of other districts. Hopefully others will follow their



example," Broad said.

Though Gwinnett County is in suburban Atlanta, the district meets the criteria for the Broad Prize because it has a high percentage of minority and low-income students.

The district has among the state's smallest achievement gaps between black and white students at all grades in math, and the district narrowed that gap for middle school math by 8 percentage points between 2006 and 2009. In the same time period, the rate of black students taking the SAT college entrance exam rose 9 percentage points.

Ninety-nine percent of the district's schools met federal benchmarks in 2009, compared with 86 percent of schools statewide, and the superintendent has been in office nearly 15 years, providing consistency at the helm of the large district. □

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Obama seeks to boost Hispanic achievement



President Barack Obama signs the Executive Order on the White House Initiative on Educational Excellence for Hispanics, during a ceremony in the East Room of the White House in Washington, Tuesday, Oct. 19, 2010.

(AP Photo/Susan Walsh)

education achievement, a priority for a key voting bloc two weeks ahead of critical midterm elections.

The measure is intended to widen the scope of a long-standing White House initiative on Latino education by increasing partnerships with the private sector and soliciting more input from the community. The objective is to focus on the educational challenges faced by the Hispanic community in order to increase enrollment and outcomes.

In a ceremony in the East Room, Obama noted that Latinos make up the largest minority group in the country's public schools, accounting for more than 1 in 5 students, but are likelier to attend low-performing schools and drop out.

"This is not just a Latino problem. This is an American problem. We've got to solve it," the president said. "Because if we allow these trends to continue, it won't just be one community that falls behind. We will all fall behind together."

Tuesday's announcement

broke little new policy ground but allowed the White House to showcase an issue important to the Hispanic community ahead of midterm elections that will determine whether Democrats maintain control of Congress. Hispanic leaders and educators were invited, and were greeted by a mariachi band in the Grand Foyer outside the East Room.

Hispanics were 9 percent of all voters in 2008 — similar to the 8 percent they represented in 2006 and 2004 — and account for an even larger share of the electorate in several states where key Senate races are under way, including California and Nevada.

And, Hispanics put a higher premium on education than Americans overall do, according to an Associated Press-Univision Poll conducted earlier this year. Eighty-seven percent of Hispanics said a college education is extremely or very important, compared with 78 percent of the overall U.S. population. □

WASHINGTON — President Barack Obama signed an executive order Tuesday intended to boost Hispanic

OBAMA-CHAVEZ

Continued from Front Page

Venezuelan President Hugo Chavez clinched a deal in Moscow on Friday that will see Russia build and operate the first nuclear power plant in his country.

Closer ties between Moscow and Caracas -- Chavez has bought more than four billion dollars of weapons from Russia and promised to give it greater access to Venezuelan oil fields -- are being closely watched in Washington.

In an apparent reference to the United States, Russian President Dmitry Medvedev acknowledged that the move to build the nuclear research facility could concern some countries.

"I do not know if anyone is going to shudder at this.

The president (Chavez) said there are going to be states that have different emotions about this. But I wanted to say our intentions are clean and honest."

The agreement was signed by the head of Russia's atomic energy agency Sergei Kiriyenko and built on a plan agreed by Prime Minister Vladimir Putin with Chavez during a visit to Caracas in April.

Further details were not given about the timing or cost of the construction of the station, but Medvedev said diversifying energy sources was a priority even for a energy-rich country like Venezuela.

Obama said Tuesday that the United States would continue to push for human rights and political and media freedoms in Venezuela as he urged the Venezuelan people not to believe their leader's anti-American propaganda.

"The antagonism between our two countries is not inevitable," he said.

"We want the people of Venezuela to be thriving economically, we also want the people of Venezuela to have a voice in their own government, that's something we cannot impose externally."

In his latest sparring with Washington, Chavez officially informed the United States last month that he would not accept Obama's designated ambassador to Caracas.

The Venezuelan leader has strenuously objected to the appointment of veteran diplomat Larry Palmer after he sharply criticized the Chavez government in his Senate confirmation hearings. □



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Police account of NY student's death is questioned

THORNWOOD, N.Y. — Investigators are trying to unravel conflicting accounts of how a Pace University football player driving away from the scene of a fight ended up dead hours after the team's homecoming game, struck in a burst of police gunfire that pierced his windshield.

Authorities say Danroy "D.J." Henry, 20, was parked in a fire lane outside a suburban New York bar but sped away from officers who rapped on his car window, hitting one who clung to the hood as the sedan barreled toward a colleague. But the father of a passenger in the car says the driver took off because he thought police wanted him to move — and he denied that an officer was struck.

The New York State Police,

Westchester County crime scene experts and the office of Westchester County District Attorney Janet DiFiore are investigating the events involving three local police officers early Sunday. Henry had just played in Pace's game against Stonehill College of Easton, Mass., the junior defensive back's hometown. His family and friends are skeptical of the account of events police gave.

Brandon Cox, a passenger in Henry's car who was grazed by a bullet, said they "won't rest until we get justice for D.J."

"In my heart, what went on that night ... it didn't need to come to that," Cox, who played football for Stonehill, said at a news conference outside his family's home in

Easton. "Whether we were trying to drive away or not ... there was no need for any of that to happen. I do feel that we were victimized in that my friend's life was taken for no reason."

Cox's father, Thomas Parks, said Henry thought a police officer who knocked on the window of the car wanted them to move, so he started driving. He said Henry and Cox then saw an officer climb onto the hood and fire into the car.

The two were not involved in the fight that drew police to the scene, Parks said. Mount Pleasant Police Chief Louis Alagno said he would not comment on Parks' account.

DiFiore, speaking Tuesday

at an unrelated news conference in Yonkers, expressed confidence that her investigation will unearth exactly what happened. She said everyone with information will be interviewed. DiFiore said she expected to speak Tuesday with Henry's parents. A disturbance at Finnegan's Grill spilled from the strip mall in the Westchester County hamlet of Thornwood into the parking lot, and police from Pleasantville and Mount Pleasant were called.

Henry's Nissan Altima was parked in a fire lane as officers arrived. When an officer knocked on his window, Henry stepped on the gas, Alagno said.

"For no reason, the vehicle



sped away," Alagno said at a news conference. "I can't describe to you why the driver did what he did."

Pleasantville Officer Aaron Hess tried to stop the car, was struck and "ended up on the hood," Alagno said. Hess drew his pistol and fired into the vehicle, the chief said. □

NY police: 77-year-old is beaten for comics, dies

ALBANY, N.Y. — An unassuming 77-year-old bachelor who had hoped to sell a valuable comic book collection and leave the money to his family was robbed by a Rochester businessman's thugs, was roughed up and hours later died of a heart attack, authorities said.

Homer Marciniak got his first comic book when he was 6 and hoped to leave his sisters and nephew with the proceeds from the collection, valued at \$40,000 to \$100,000, said Jose Avila, police chief in Medina, in rural western New York between Rochester and Buffalo.

That quest took him to several comic book shops in the Rochester area and to Rico Vendetti, the owner of a tavern and a restaurant who once owned a collectibles business, the police chief said.

"I think he ran into the wrong person, and this person thought, 'This is something I can get from this guy,'" Avila said.

Marciniak, who wasn't married and had no children, was a "very well-known, very quiet churchgoing man" around Medina who had worked as a janitor at a bank, said Avila, the police chief.

Thieves broke into his home around 4 a.m. July 5 and hit him in the face. He was treated at a hospital, returned home that afternoon and was interviewed by police, and died of the heart attack after officers left, the police chief said. He had a heart condition, authorities said.

The case broke Thursday night when a woman charged with prostitution in Rochester gave investigators information that led to the arrest, Orleans County District Attorney Joseph Cardone said.

Police charged Vendetti, 41, and Juan Javier, 17, with burglary. They are not charged with beating Marciniak and will not be charged with murder, Avila said, but more charges are pending against them and more arrests are expected.

Vendetti was freed after posting \$100,000 bail Friday. Javier was arraigned Monday and jailed on \$100,000 bail. Messages left with their lawyers weren't immediately returned. Messages left for Vendetti at his two Rochester businesses Papa Van's Restaurant and Al's Green Tavern — also went unreturned.

The comic books haven't been recovered, and the exact connection to the woman charged with prostitution wasn't clear. □



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FRENCH RETIREMENT

Continued from Front Page

Some 4,000 gas stations — out of 12,700 nationwide — were empty of gas Tuesday afternoon, the Environment Ministry said.

French unions have a long tradition of street protests, but the current strife is particularly worrisome because it has touched the vital energy sector and is drawing often volatile youth into the mix.

Troublemakers tagged onto the coattails of student demonstrators in 2006 when the government was forced to abandon a law making it easier for employers to hire and fire young people. The specter of 2005 riots that spread through poor housing projects nationwide with large disenfranchised immigrant populations is never far away.

Today's protesters are trying to stop lawmakers from approving a bill that would raise the retirement age from 60 to 62 to prevent the pension system from going bankrupt as citizens live longer and a diminishing pool of young workers pay into the system.

Unions claim the move would erode France's near-sacred tradition of generous social benefits — including long vacations, contracts that make it hard for employers to lay off workers and a state-subsidized health care system — in favor of "American-style capitalism."

"France wouldn't be what it is today if the generations that came before us hadn't taken to the streets," said Lidwine Mure, a 32-year-old teacher who took part

in all six Paris protests since September. Her dark clothes were a collage of pro-strike stickers.

Some 1.1 million people joined 260 protest marches across France on Tuesday, according to the Interior Ministry, though trade unions put the figure at three times that.

The Paris march, which drew some 60,000 people according to police, was peaceful despite a morning of violence at a high school on Nanterre, just west of the French capital, where several hundred youths threw stones at police and scuffled with outsiders. Police, lobbing tear gas, charged and barricaded the area. An Associated Press photographer was knocked off his motorbike and punched by the youths.

The most violent clashes occurred in Lyon, where rampaging youth torched garbage cans and cars and overturned bus stations. Numerous shops were pillaged. A second AP photographer was slightly injured. Sarkozy has long touted his plan to increase the retirement age as his priority reform ahead of 2012 presidential elections, and the measure is expected to pass easily in the Senate, after being approved earlier by the lower house of parliament.

But victory could come at a high cost: The unpopular measure is widely seen as feeding Sarkozy's dismal approval ratings.



Riot police officers detain a youth during clashes in Lyon, central France, Tuesday, Oct. 19, 2010. Masked youths clashed with police and set fires in cities across France on Tuesday as protests against a proposed hike in the retirement age took an increasingly radical turn. Hundreds of flights were canceled, long lines formed at gas stations and train service in many regions was cut in half.

Associated Press

Polls show Sarkozy, who came into office in 2007 with a huge mandate, as unpopular as ever. According to the latest, published Tuesday, he had a 61 percent negative rating with only 35 percent of the 1,002 people surveyed giving him thumbs up. It was conducted by Viavoice for the daily Liberation.

Sarkozy's detractors contend the retirement reform favors the rich and feeds the notion of an elitist France run by a man cozy with captains of industry.

"In France, we have a big problem with inequality and those of us on the bottom are sick and tired of taking the hit, while those on high get off scot-free," said Pascale Thierse, a teacher at the Paris protest.

"With this reform the bottom is again getting swindled, while the richest keep getting tax rebates and the like."

Sarkozy called the reform

his "duty" as head of state. The protests in France come as countries across Europe are cutting spending and raising taxes to bring down record deficits and debts from the worst recession in 70 years.

Half of flights Tuesday out of Paris' Orly airport were scrapped, and 30 percent out of other French airports, including the country's largest, Charles de Gaulle outside Paris, were canceled, the DGAC civil aviation authority said. Flights were expected to be normal Wednesday.

Strikes by oil refinery workers have proved most brutal for the French, searching for gas as pumps go empty.

Police in the northwestern town of Grand-Quevilly intervened Tuesday to dislodge protesters blocking a fuel depot, which had been completely sealed off since Monday, officials said.

The youth element added

a new dimension to the protests — and a worry for authorities — with student leaders calling for a demonstration in front of the Senate on Wednesday. The head of the UNEF student union, Jean-Baptiste Prevost, said the young people "have no other solution but to continue." "Every time the government is firm, there are more people in the street," he told iTele.

The Mediterranean port city of Marseille has been particularly hard hit, with a strike by garbage collectors leaving the streets buried in heaps of trash. Still support for labor remains strong.

"Transport, the rubbish, the nurses, the teachers, the workers, the white collar, everyone who works, we should all be united. If there is no transport today, we're not all going to die from it," said Francoise Michelle, a 55-year-old Marseille resident. □





UK ex-prime minister Thatcher admitted to hospital

SYLVIA HUI,
Associated Press Writer
LONDON (AP) — Former British Prime Minister Margaret Thatcher has been admitted to the hospital following a recent bout of flu, officials said Tuesday. Prime Minister David Cameron's office said he wished the former leader a "speedy recovery."
"We understand from Lady Thatcher's office that she has been admitted to hospital for precautionary tests

In this Saturday, March 8, 2008 file photo, former British Prime Minister, Margaret Thatcher, in London. Former Prime Minister Margaret Thatcher is ill with the flu and will skip a reception at Number 10 Downing Street to honor her 85th birthday.

Associated Press

following her recent bout of flu," a Downing Street statement said.

Thatcher, who was prime minister from 1979 to 1990, had to skip a reception in honor of her 85th birthday last week because of the flu. She wrote a letter of apology to the 150 friends and colleagues who attended the reception, which was hosted by Cameron at 10 Downing Street.

Her son Mark Thatcher stressed to reporters after visiting her at London's private Cromwell Hospital that she was admitted for "routine tests." He did not provide details.

"It's entirely precautionary at this stage," he said, adding that his mother is in "very good spirits."

Thatcher has suffered from

a series of health problems in recent years. In 2008 she became ill during a dinner at Westminster and had to spend the night in the hospital as a precaution — she was later given a clean bill of health. A few years earlier, her doctor had advised her not to make public speeches following a number of minor strokes.

Sky News reported that Thatcher is still troubled by an infection related to the flu and her aides called in a doctor to assess her condition on Tuesday. She was then taken to the hospital for tests, the report said quoting unnamed people close to the former Conservative leader. Her spokesmen did not immediately return calls from The Associated Press seeking details of her condition Tuesday. □



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Islamic militants raid Chechen parliament, 6 dead

MUSA SADULAYEV
SIMON SHUSTER

Associated Press Writers

GROZNY, Russia (AP) — Islamic insurgents have attacked Chechnya's parliament in a brazen suicide raid that left six people dead and 17 wounded, defying Kremlin claims of stability in the volatile southern region. In a clear challenge to Moscow, the raid occurred Tuesday, just as Russia's interior minister was visiting the provincial capital of Grozny. The three attackers drove to the tightly guarded parliament complex and got inside. One militant blew himself up at the doors and another two ran into the building shouting "Allahu akbar!" — "God is great!" in Arabic — as they opened fire on the people inside, said Chechen police spokesman Ramzan Bekkhoyev.

The regional chief prosecutor's office said the remaining two attackers also blew themselves up after exchanging fire with police, while other officials said they were killed in a gunbattle. Two police officers and a civilian government employee were killed in the raid and 17 others were wounded, prosecutors said.

Bloodstains, body parts and a decapitated corpse were still scattered outside the building hours after the attack as police and special forces backed by armored vehicles patrolled the area.

An Associated Press reporter at the parliament saw ambulances take away two bodies, along with the severed head of a militant.

Chechnya's Moscow-backed regional president, Ramzan Kadyrov, sought to play



Special Force (OMON) officers are seen in front of Chechen parliament complex after a bomb blast in Grozny, Chechnya, southern Russia, Tuesday, Oct. 19, 2010. Insurgents stormed the parliament complex in Russia's volatile Chechnya region on Tuesday, killing at least 2 police officers and one parliamentary official, authorities said. At least three insurgents were also killed, ending the attack, they said. One insurgent set off a bomb at the gates of the parliament complex in the provincial capital, killing himself and wounding others, Chechen police spokesman Ramzan Bekkhoyev told The Associated Press.

Associated Press

down the attack, saying the assailants were killed quickly. His office said Russian Prime Minister Vladimir Putin and President Dmitry Medvedev called him to offer assistance. Medvedev, on a visit to France, was briefed about the attack by Russian security officials. In Washington, the U.S. offered condolences to the families of the dead and wounded.

"We also express our solidarity with Russia in the struggle against terrorism. We're concerned about continued violence in Russia's North Caucasus, which contributes to instability and personal insecurity in the region," said State Department spokesman Mark Toner. "Several independent non-governmental reports confirm that the level of violence has increased in 2010 in several North Caucasus regions, and we've been following these events closely."

Kadyrov and Russia's Interior Minister Rashid Nurgaliyev attended a parliament session shortly after the raid. Nurgaliyev said the insurgents had tried to get into the main parliamentary chamber.

"As always, they failed. Unfortunately, we were not able to avoid loss of life," Nurgaliyev said. "The situation we saw today is

extremely rare. Here, there is stability and security."

Kadyrov, a former rebel, has recruited many ex-militants into his feared security forces. The bullnecked 34-year-old former militia chief also sought to blunt the rebels' appeal with a massive construction boom in Chechnya and a campaign to impose strict Islamic values. The ITAR-Tass news agency cited Chechnya's Interior Ministry branch as saying that the attack had been planned by warlord Khusein Gakayev who had broken loose from the main rebel commander, Doku Umarov. It said Gakayev launched the attack to try to raise his profile.

Human rights activists have accused security forces and paramilitary units under Kadyrov's command of extra-judicial killings, kidnappings and torture of rebel suspects and their relatives.

Russian troops retreated in humiliation after the first 1994-96 separatist war in Chechnya that left the region de facto independent and largely lawless. The Russian army rolled back into Chechnya in 1999 following a rebel incursion into a neighboring province and bombings at apartment buildings in Moscow and other Russian cities blamed on the militants.

While large-scale battles in Chechnya ended years ago, hit-and-run raids by the rebels have continued. In August, a shootout in Kadyrov's home village between his guards and suspected insurgents left 19 people dead, including five civilians.

Islamic insurgents also have spread quickly across neighboring provinces in Russia's predominantly Muslim North Caucasus region, which separatists strive to turn into an independent emirate that adheres to Shariah law. The insurgents are thought to be in a sporadic network of cells that shelter in the region's forested mountains.

They struck in the heart of Russia in March, when suicide bombers from Dagestan detonated explosives in the Moscow subway, killing 40 people and wounding about 100. Last month, a suicide car bombing killed 17 people and wounded more than 140 in Vladikavkaz, a major city in the North Caucasus. These bombings followed numerous other terror attacks by Chechen rebels since the 1991 Soviet collapse, including the Beslan school siege in 2004 that ended in a bloodbath in which more than 330 people — about half of them children — were killed. □

Anti-Islam lawmaker asks for hate speech acquittal

TOBY STERLING

Associated Press Writer

AMSTERDAM (AP) — Lawyers for a Dutch politician who has harshly criticized Islam argued at his trial Tuesday that he has the right to issue warnings about the religion's spread in Europe and should be acquitted of inciting hatred and discrimination. Geert Wilders, one of the Netherlands' most popular politicians, is charged with violating hate speech laws by equating Islam to Nazism, calling for a tax on "head rags" and advocating a ban on the Quran. His film "Fitna" argued that Islam is a violent and intolerant religion — drawing protests from Muslims around the world.

Lawyer Bram Moszkowicz said Wilders is exercising his right to freedom of speech and compared him to historical figures who were willing to voice unpopular opinions, including Winston Churchill and Galileo.

"Wilders makes the hate of others known, and warns about it vigorously," Moszkowicz said. "Don't shoot the messenger." Prosecutors had initially declined to press charges against Wilders, but were ordered to do so by an appeals court.

After concluding their evidence last week, prosecutors said Wilders' statements were part of legitimate political debate, acknowledged they could not prove a case against him, and called for his acquittal. But judges could still convict him.

A verdict is expected Nov. 5. If convicted Wilders could face up to a year of prison, though a small fine is more likely.

Alleged victims testified on Monday that Wilders' remarks have poisoned opinions against Muslims, leading to a range of problems including verbal abuse against women wearing headscarves, Moroccan youth having trouble finding jobs, and mosque burnings. □

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Mexico's largest pot bust likely hit Sinaloa gang

OLGA R. RODRIGUEZ
Associated Press Writer

MEXICO CITY (AP) — Mexico's largest-ever seizure of marijuana packaged for sale is even bigger than the original estimate of 105 tons and probably belonged to the country's most powerful drug-trafficking cartel, authorities said Tuesday. The Sinaloa cartel run by Mexico's most wanted fugitive, Joaquin "El Chapo" Guzman, now is moving drugs through the Tijuana corridor "unimpeded," said a U.S. law enforcement official in Mexico, a possible reason why violence has dropped in the city across the border from San Diego, California, since a bloody peak in 2008.

President Felipe Calderon recently praised the city's new calm as a success story in Mexico's drug war. Many have speculated the drop in Tijuana's violence just means the Sinaloa cartel has cut a deal with remnants of the Arrellano Felix gang, which once controlled the city's lucrative land and sea routes leading into California but has suffered

major blows and arrests of its leaders.

Calderon dismissed the idea of an arrangement in a recent interview with The Associated Press, saying the new calm came from government cooperation and the arrests of key cartel leaders.

"The truth is that in the last two years, the government has made important hits on the criminal structures," he told the AP.

But the U.S. official said it was a possibility.

"There could be a pact. We don't know for certain if there is one, what that pact would be. But Sinaloa has been able to operate there unimpeded by other cartels," said the official, who spoke on condition of anonymity for security reasons.

Mexican soldiers and police grabbed the U.S.-bound marijuana in pre-dawn raids Monday in three neighborhoods when 11 people arrested after a shootout led authorities to the drugs.

Army officials first said the drugs weighed 105 tons and had an estimated street value of 4.2 billion pesos, about

\$340 million. But it said the haul was even bigger Tuesday, so far counting 15,000 packages — 5,000 more than first announced.

Calderon's security spokesman, Alejandro Poire, agreed the drugs likely belonged to Sinaloa and called it a historic seizure.

"This is important milestone that demonstrates the ability of the Mexican state when security forces in three levels of government coordinate and take responsibility around a common goal," he said. But the bust indicates what U.S. Department of Justice figures already show — that marijuana cultivation is up in Mexico since 2005, more than doubling to 21.5 million metric tons in 2008. Marijuana seizures on the U.S. side of the border also have increased from about 1,000 to 1,500 metric tons between 2005 and 2009.

A U.S. State Department report said the decline comes as Mexican security forces focus more harder drugs such as methamphetamines — but also on fighting and arresting the traffickers.

"With the Mexican military changing its role and



Soldiers and police officers escort detainees after a presentation for the media in Tijuana, Mexico, Monday, Oct. 18, 2010. On a conjoined operation with the army, local and state police seized 105 tons of U.S.-bound marijuana Monday, by far the biggest drug bust in the country in recent years. Eleven suspects were detained.

Associated Press

more actively going after organized crime groups, it could have affected that, stopped crop eradication," the U.S. official said.

Poire denied the Calderon government has backed off of seizures and eradication, saying they are up over the first four years of the previous administration by 100 tons. "This administration has maintained an important effort in the eradication and confiscation of illicit substances," he said.

The drugs were found stored in tractor trailers and houses wrapped in different colors

and labeled with apparently coded phrases and pictures that included the cartoon character Homer Simpson. They appeared to make up a major distribution center traced directly to Guzman, who has expanded the reach of his cartel along the U.S.-Mexico border since escaping from prison in 2001. The Sinaloa cartel controls distribution in neighboring Sonora state and areas to the east and is warring for control of the border city of Ciudad Juarez, across from El Paso, Texas. □



The last song of the birds



By: Roland W. Peterson

As I walked the narrow path in the brush
It was like the birds were singing my name
My imagination was playing a game

I could hear the silence and feel the tranquility
How wonderful I felt Silence, tranquility and health
What a beautiful land of wealth

Then in the distance I heard the roar
I saw the plumes of dust I shuck my head and wondered why

The earth trembled as the two quad racers came closer by
The noise was deafening

Laughing the two drivers sped away through the sand destroying this beautiful land
There was dust in my eyes as the noise faded in the distance

I stood there frustrated and in dismay
There was so much I wanted to say

I listened for the birds But they were all gone
Their songs engulfed by the dust and noise

Once again the beautiful nature was disturbed But who cares?
I wonder and hope that it was not "the last song of the birds"

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Iguana Cantina launches most incredible menu



PASEO HERENCIA – A press conference was held earlier this week where Ivan Diaz, General Manager of Iguana Cantina, introduced Iguana Cantina's new Prix-Fixe menu. "We have taken our signature appetizer, our top selling Mexican platter and our most popular dessert and combined them to make a fabulous Mexican Feast, at the unbeatable price of \$19.95. This special price represents a savings of over 30% off our a la carte prices and allows our guests to enjoy a full tree course Mexican meal for the price of an entree."

The members of the press were then treated to the Mexican Dinner which started with CANTINA NACHOS "Our Signature Appetizer!" This is a heaping platter of crispy Corn Tortilla Chips covered with layers of Guacamole, Seasoned Ground Beef, Refried Beans, Black Beans, Melted Cheese, Sour Cream, Salsa Fresca, and Jalapeños.

This delicious appetizer was followed by the PLATO MEXICANO complete with their famous Grilled Steak Quesadilla, Shredded Chicken Enchilada and Caribbean

Shrimp Taco, accompanied by shredded Lettuce, diced Tomatoes, fresh homemade Salsa Fresca, Sour Cream and Guacamole.

And finally to top it off, the evening ended with MEXICAN FLAN. This smooth, soothing caramel custard is the elegant, rich, traditional dessert of Mexico. Baked in our kitchen, in individual custard cups, the Flan is inverted when served and the resulting excess caramel sauce, draping over the silky custard, is a real treat. This Iguana Cantina special will be available daily from now until November 30th. Iguana Cantina is located at the Paseo Herencia Mall in Palm Beach

~ Photos by Julia Renfro

Expansion, ecofriendliness priorities at Hyatt Regency Aruba

PALM BEACH - The Hyatt Regency Aruba Resort & Casino completed a \$20 million overhaul in December 2008, but the paint had barely dried before expansion plans and additional upgrades were on the drawing board. The propertywide face-lift at that time included enlarging the 360 guestrooms, adding more lighting and new fixtures in the bathrooms and upgrading the lobby, lobby bar and all public areas. Opening in July will be an upgrade and expansion of the Stillwater Spa from five treatment rooms to eight, the addition of new treatments and products and possibly a new name, according to Amy Ras, the resort's associate director of sales. More recently, the resort opened the first-ever Starbucks on Aruba's resort-lined Palm Beach and rolled out a new menu in its Ruinas del Mar signature restaurant. "Our biggest news, however, was the Green Globe Earthcheck Certification we received earlier this year, which recognized the resort's commitment to operating at the highest levels of environmental standards," Ras said. Getting certified was no easy feat. The process required

interviews and reviews of all resort policies and operations. Green Globe representatives met with hotel staff and employees and conducted on-site inspections of all the resort operations, including measurements of the Hyatt's energy consumption.

Even the signature Hyatt parrots came under Green Globe's microscope, as methods for their care and upkeep were evaluated forecofriendliness.

The Hyatt has to maintain its silver status for three years with twice-yearly testing before it can move up to gold certification.

"The Hyatt had a green team in place long before our certification was awarded, and we had already adopted green initiatives regarding recycling, the use of chemicals, our housekeeping standards, garbage and waste collection and gardening methods," Ras said. "Everything we did had to, and has to, have an energy-efficient quotient."

Green Globe lauded the Hyatt for its use of natural ventilation in the main lobby, the introduction of biodegradable food trays instead of cheaper polystyrene trays, the use



of skylights in the Ruinas del Mar restaurant and the community work performed by employees.

Prior to Green Globe certification, the resort had launched its volunteer project Embrace, an acronym for Employees Maintaining, Beautifying, Revitalizing Authentic Cultural Elements. That effort resulted in the cleanup of two local landmarks in 2009: the Bushiribana gold smelter ruins and the Balashi gold mine ruins.

"We'd identified the landmarks that we intended

to clean up," Ras said. "People used to dump trash near each of them. We opened up this project to volunteers, both to our employees and to our guests who wanted to sign on to a voluntourism project while they were here. Now we all go out together

on a quarterly basis and clean up these places."

The Hyatt is also looking at other landmarks on Aruba and is working with the island's Bureau of Monuments to identify appropriate sites.

Visit www.aruba.hyatt.com. □



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Dutch delicacy is expected on Thursday

Newsflash for connoisseurs: Papillon receives smoked eels!



PALM BEACH - Five kilos of a spectacular Dutch delicacy, freshly smoked eels, are expected to delight connoisseurs this Thursday at Papillon Restaurant. Flown in, still wafting, so to speak, the conger eels are ready to be

served on toast and savored. The eels are available as an appetizer or as a hors d'oeuvre at the bar. They are a splendid addition to the menu of the restaurant, which is now in its first week of offering game. The game season in Europe

runs from October 15 until Christmas.

Much of the European eel's life history has remained a mystery for centuries, as fishermen could never catch anything they could identify as a young eel. Questions still remain, although they are believed to spawn when they are mature adults of 5 to 20 years old. Afterwards the eels die. The larvae drift in migration and metamorphose into so-called glass eels before they become elvers and yellow eels; later in life they get a silvery color.

Smoked eels are delicious to the Dutch, who are well-known for their specific, some say idiosyncratic, marine delicacies. Just think about their raw herrings with chopped onions. To the English it is the jellied eels of East London that have gained fame. The tube-like, snake-shaped eels come in 19 species. They have large, pointed heads and fins lining the posterior end of the body. They cannot be bred in captivity. Eels normally grow to 1 to 3 feet long. They have an excellent sense of smell, but do not see very well. They are nocturnal creatures.



HUMAN HINTS

Depression 2

On Monday we talked about allowing and even indulging in your depression, and we touched on what it takes to pull ourselves out. Today we'll continue our discussion.

We grow when we embrace our emotions and let them go. When we go thru emotion and come out the other side, we improve our selves. We can't come out the other side of something we refuse to enter. When we go thru something, we enter it and emerge from it, like a tunnel or an experience. We go thru divorce because we come out the other side. We are presently going thru a Human Lifetime. We are presently going thru the experience of Separation. Rest assured, we will all come out the other side of separation, to find Unity. Awesome!

All energy occurs in waves, including Human Emotion. We will naturally experience good days and bad as our energy ebbs and flows, waxes and wanes to its natural rhythm. We naturally swing from one side of the pendulum to the other, and some people swing more than others. Extremes of emotion, or embracing any emotion for too long, will make us imbalanced.

Allow your self to feel all your emotion. Accept the good and the bad. Positive and negative validate each other. In the physical realm, we cannot have one without the other. It is not Human nature to feel good all the time. As Human, we are blessed with the full spectrum of emotion. If we deny our feelings, we deny our Humanity. It is Human to be depressed and joyous. Don't deny any part of your Humanity, and don't dwell on one side or the other. Embrace both polarities, then release them.

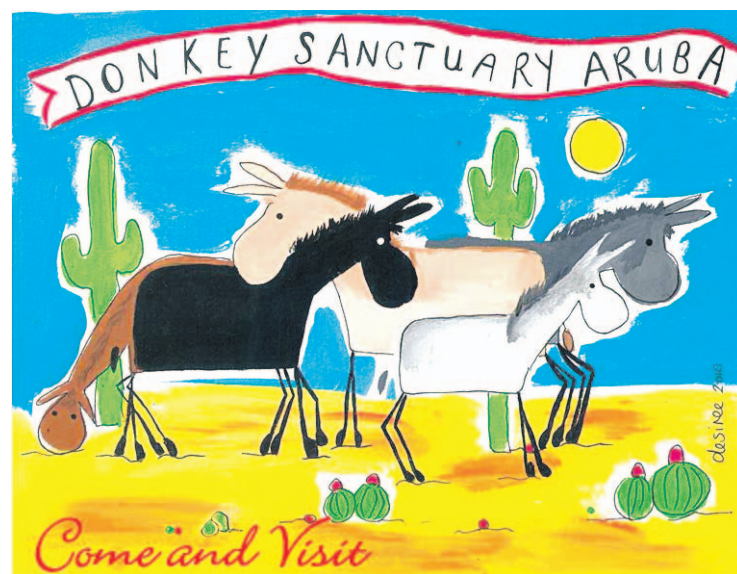
Until Tomorrow.

Go to www.HumanHints.com to sign up to receive this column in your email each day.

~Quentin Danziger

Quentin has over 20 years experience balancing what we refer to as the Real World, with science and spirit. He has held positions of responsibility and authority, received a Bachelor of Science in Engineering Physics from Colorado School of Mines, and has studied many avenues of alternative thought. HumanHints is the culmination of his knowledge, experience and practice. These free daily emails detail concrete, real-world techniques to consciously create any future you chose, while in the throes of daily life created by outdated modes of thought.

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California Harvest Wine Affinities Dinner

Prepare yourself for a spectacular, culinary evening at the Hyatt Resort

PALM BEACH - A spectacular, culinary evening is coming up at the lovely Hyatt Regency Aruba Resort & Casino. Held on Thursday, October 28, it is called the 'California Harvest Wine Affinities Dinner' because of the fact that it is still wine harvest time in California and several fall harvested fruits and vegetables are on the menu. "A crisp fall day should be in mind," suggests executive chef Victor Litkewycz. The wines that are poured belong to the best of the Kendall Jackson Estate wines; the menu itself has been inspired and selected with these fabulous wines in mind. The Arion Wine Company is Kendall Jackson's and Jackson Estates' representative on Aruba.

The evening is made up of various parts: It starts off with a half-hour wine seminar by the regional manager of Jackson Wines and Director of Education for the Americas division, Mark Kilbride. After finishing number one in his basic Sommeliers certification, Mark earned the Presidential Blue Ring Success Award, presented to the top performer of Jackson Family Wines. In the past six years he has continued to educate aspiring sommeliers at the US Sommeliers Association, specializing in Wine and Food Affinities. At the California Harvest Wine Affinities Dinner, Mr. Kilbride will be exploring the intricacies of food and wine pairing. Afterwards there is an 'Alfresco' cocktail reception in the chic lobby bar of the resort, followed by a five-course dinner at their signature restaurant Ruinas del Mar. As the swans gracefully swim past you in the lagoon, the first course will be served: hand harvested diver scallop, heart of palm puree, Nueske's bacon pistachios and grapefruit gastrique. The wine poured to the appetizer is a 2008 Matanzas Creek Sauvignon Blanc from Sonoma County and it counterbalances this dish perfectly with its soft, honeyed elements that weave through the wine's overall crispness.

The second course is a yellowtail tuna

with shaved vegetables and a tropical fruit vinaigrette, served with a Kendall Jackson Vintner's Reserve Chardonnay, California 2008, bursting with tropical flavors such as mango and pineapple. Sensual yet dry, this wine has a light creamy finish.

The third course to savor is spiced duck confit, truffled duck breast, celery root ravioli, brown butter sage and foie gras sauce, enhanced by a Byron Pinot Noir, Santa Maria Valley 2008: a bit more robust than the previous two wines, yet soft and velvety on the palate.

The main course of the fantastic event is called 'Head to Tail'. It is the highlight of the menu and incorporates four different aspects of beef, each prepared in its own unique way while playing harmoniously to the bold characteristics and profile of the wine. Head to Tail is made up of tongue and cheek, garlic confit, Wagyu sirloin, sea salt marrow bone, braised root vegetable, papas criollas and oxtail. A superb Freemark Abbey Cabernet Sauvignon, Napa Valley 2008 will be the course's crowning glory. Winemaker Ted Edwards of this 1886 winery in the Napa Valley is justified to be proud of this Cabernet, which is full-bodied, filled to the brim with intriguing notes of nuts, earth and dark fruit.

Complete this heavenly evening with a passion fruit crème caramel dessert, dehydrated fruit chips and star anise jus while enjoying a delicate late harvest Chardonnay, Monterey 2006

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PALM BEACH – On Sunday October 24, from 10:00 am till 6:00 pm, the Aruba Marriott invites you to the job fair in the Grand Ballroom. The Aruba Marriott has several open positions in different departments such as the Front Office, At Your Service, Loss Prevention, Housekeeping, Recreation and Food and Beverage in the three Marriott properties. In addition to permanent full-



time and/or part-time job opportunities, the Marriott offers a few internships for minimal 5 to 6 months.

The Human Resources team will be present at the job fair to provide information about the various open positions and guide you through the application process. Immediate solicitation for an open position is possible during the job fair by completing a digital online application form.

"A career with Marriott is more than a job. It is a future" said Human Resources Manager Jeslin Wever, "The Marriott provides great benefits for you and your family, including pension plans, additional medical insurance, room rate discount educational reimbursement, life insurance and a savings plan".

With over 1,071 permanent associates the Aruba Marriott encourages continuous growth, providing on the job training and development plans as well as fun filled team activities throughout the year.

During Sunday's job fair, the Marriott will offer a special grand doorprize: a trip give away for a weekend stay in Miami Florida. This will be raffled among new applicants that are hired and completed their first two months in their new position.

For more information about the Aruba Marriott and job opportunities visit www.arubamarriottcareers.com or connect with the official Facebook Recruitment page: Aruba Marriott Recruitment. The Aruba Marriott team looks forward to see you on Sunday's job fair.

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with large, private balconies overlooking lush landscape and the sparkling waters of the Caribbean Sea. On property, seven restaurants and cafes provide fare from light to elegant, while the largest casino in Aruba, a 6,500 square-foot spa, free-form swimming pool with cascading waterfalls and high-energy health club offer entertaining diversions. □





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Sole Mare showcases early bird menu



PALM BEACH -- Sole Mare Ristorante Italiano is a traditional family restaurant, within walking distance of the high-rise resorts on Palm Beach. This stylish Italian eatery has never veered from its opening-day philosophy of serving delicious home-cooked Italian food, with rich, fresh flavors, at reasonable prices and in hearty portions, delivering an authentic slice of Italy, to



Palm Beach, Aruba. Sole Mare is now offering considerable added value to its patrons by serving an Early Bird Special daily from 5:30 p.m. to 7:00 p.m. On the menu: Insalate Mista or Homemade Minestrone followed by Linguini Fruitti Di Mare or Fresh Filet of Grouper, with a side of pasta or vegetables or Chicken Parmigiana, with a side of pasta or vegetables and Caramel Flan or Ice cream for dessert, chased by Coffee or Tea. Those who wish to dine



later in the evening may enjoy some of the chef's specialties such as Spaghetti Al Formaggio Parmigiana, an authentic Italian dish flamed ceremoniously with Whiskey tableside or Sole Mare Special, truly a seafood lover's favorite with jumbo shrimp, the largest on the island, mussels, clams, calamari, and Caribbean lobster over a bed of spaghetti, or the irresistible Ravioli alla Vodka with Lobster and Shrimp, brimming with homemade Ravioli, Caribbean lobster, jumbo shrimp and fresh mushrooms, sautéed with garlic and olive oil, flamed with vodka, blended with a delicate creamy tomato sauce or the decadent Rib Eye

Pizzaiola, USDA certified Angus beef, sautéed with extra virgin olive oil, tomatoes, garlic, and gaeta black olives. Kids will find dining at Sole Mare satisfying as they can choose from an extensive kids' menu featuring Rigatoni with Meat Sauce, Spaghetti with Meatballs, Fettuccini Alfredo, Meat Lasagna, Mozzarella Sticks, Cheese Ravioli or Chicken Fingers with French Fries. Sole Mar offers ample parking, and congenial, caring service with no service charge added to the bill. The restaurant's take-out service is fast and efficient with no service charge attached. Open seven days a week until 11 p.m. □

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In this Sept. 11, 1985 file photo, Cincinnati Reds baseball player Pete Rose hits a line drive to break Ty Cobb's all-time hit record, in Cincinnati. Rose got to get back on a baseball field for the 25th anniversary of his record-setting hit No. 4,192, the subject of a documentary debuting this week.

Associated Press

AP Interview: Rose says he finally gets it

By JOE KAY

AP Baseball Writer

CINCINNATI — Pete Rose says he finally gets what former baseball Commissioner Bart Giamatti meant when he talked about reconfiguring his life. So, he's 'fessing up.

Continued on Page B6

Nastia Liukin leaning toward return to gymnastics

RAF CASERT,

AP Sports Writer

ROTTERDAM, Netherlands (AP) — When it comes to the heart, there is no doubt where Nastia Liukin will be at the London Olympics — right in the middle of the gymnastics floor, defending her all-around title.

Whether she'll actually be there, however, is another matter.

In discussing a possible return to competitive gymnastics, Liukin begins with an "It is not out of the question" answer. But that changes almost as quickly as her staccato delivery. Liukin's love for the sport bubbles over so much that even a description of the endless morning-till-night days of ruthless, regimented training soon gets her dreamy-eyed.



In this photo taken Sunday Oct. 17, 2010, Nastia Liukin poses for a picture outside the venue of the World Championships Gymnastics in Rotterdam, Netherlands.

Associated Press

Would she do it again? With emphasis, with almost as much conviction as a wedding vow, she says "I do." "I miss it." □

NFL to start suspending players for violent hits

BARRY WILNER

AP Pro Football Writer

NEW YORK (AP) — The NFL will immediately begin suspending players for

dangerous and flagrant hits that violate rules, particularly those involving helmets.

Suspensions will be in place for this weekend's games and

could be handed out for hits that took place last Sunday, vice president of football operations Ray Anderson said Tuesday.

Continued on Page B4

CAIN IS ABLE



San Francisco Giants starting pitcher Matt Cain throws during the first inning of Game 3 of baseball's National League Championship Series against the Philadelphia Phillies Tuesday, Oct. 19, 2010, in San Francisco.

Associated Press

NLCS GAME 3

Page B3

Technical foul remaining an issue during NBA preseason



Dallas Mavericks head coach Rick Carlisle, center, and Cleveland Cavaliers head coach Byron Scott, right, listen to an explanation by official Tony Brown (6) following a technical foul against the Mavericks in the first half of a preseason NBA basketball game, Monday, Oct. 11, 2010, in Dallas.

TIM REYNOLDS

AP Sports Writer

MIAMI (AP) — The NBA's new emphasis on respecting the game has led to a surge in technical fouls in the preseason and growing annoyance from the NBA players association.

The league has been taking a no-nonsense approach to players merely stepping toward referees, being demonstrative, and even punching the air. Late Monday, Miami Heat forward Chris Bosh raised his arms skyward when a whistle blew, his way of telling referee Dick Bavetta that he didn't foul anybody. As far as outbursts go, it was weak, but it'll cost Bosh \$2,000.

"The emotion of the game can never be taken out of the game of basketball," said two-time reigning MVP LeBron James. "And that's when the fans, that's when the real guys, and the people who are watching and who know the game of basketball will know there's a problem with the game."

"This game has always been built on emotion. And if we try to take that out of the game,

Associated Press

the fans won't like it as much. And without the fans, there's no game."

Bosh could only smile after getting his technical. Charlotte's Stephen Jackson had an incredulous look on his face after he drew a technical moments earlier in the same game, unsure why he was called for traveling. So Jackson ran to referee Rodney Mott, an absolute no-no by league decree this season.

"We've all got to make adjustments," Jackson said. "I've just got to be smarter about what I say and what calls I want to talk about."

Technically, the rules aren't changing much.

The way they're being enforced seems like the bigger change.

"I could understand if somebody was yelling, cursing, saying inappropriate things, OK, that's the reason for a technical," Bosh said. "They're very quick to 'T' guys up."

And I don't want to give my money away. All I wanted to know is, I wanted to talk about the call. And that was it. And his main emphasis was, put

your hands down."

Never mind that the fine — which went up this season — will cost Bosh 0.000138 percent of his \$14.5 million salary.

To Bosh, the bigger point was that he didn't say anything inappropriate to Bavetta, and since he maintained his cool, he wondered why that would have prompted a second whistle.

"I've seen a couple of my teammates get technicals for, I'm not going to say nothing," James said, "but really nothing."

Across the NBA, plenty of players seem to be agreeing with James' sentiments.

"I'm not surprised about the rule," Denver forward J.R. Smith said. "I mean, the refs are getting tired of us complaining. And sometimes, I think we do go a little too far. But at the same time, it's in the heat of emotion. You're trying to win a game. But I understand both sides. I don't think that would have been at the top of the list of things that needed to be done, but I think something has to be done about it."

Teams have been shown exactly what the league means during briefings with referees during the preseason. The NBA players association is planning legal action over the league's decision to issue more technical fouls for complaining, saying last week that it all amounts to "an unnecessary and unwarranted overreaction."

Regardless, if the preseason is any indicator, referees have received the NBA's message.

"It's unfortunate," Bosh said. "But hopefully, it'll get better." □

For Federer it's No. 1 or nothing

KEITH MOORE

Associated Press Writer

STOCKHOLM (AP) — Roger Federer says when it comes to rankings, it's number one or nothing.

In July, Federer dropped out of the top two for the first time since November 2003. His appearance in last week's Shanghai Masters final, which he lost convincingly to Andy Murray, put him back at No. 2.

But the 16-time Grand Slam winner told reporters Tuesday that the jump from three to two made no difference to him.

"It's not that important to be two, three or four," Federer said. "For me it's either No. 1 in the world or everything else. After being No. 1 for so long and having been there it's obviously the best feeling to be there. When you're not ranked No. 1 in the world you obviously try to get back there."

Federer will make his first appearance at the Stockholm Open for 10 years on Thursday against American Taylor Dent.

"I like to play tennis and I like to play tournaments, and I haven't been here in 10 years," Federer said. "I was supposed to come here two years ago but I had a really bad back."

Federer later held a practice session in front of a thrilled crowd on center court at the Royal Tennis Hall, even taking time to play a doubles



Switzerland's tennis player Roger Federer, during a news conference, at Royal Tennis hall in Stockholm, Sweden, on Tuesday Oct. 19, 2010, ahead of the ATP Stockholm Open tennis tournament starting Wednesday.

Associated Press

match with a couple of local children.

After being No. 1 for so long, some people may have questioned whether Federer still has the hunger to counter Rafael Nadal's current dominance. But the Swiss maestro said he still has the drive to play and to win.

"I practice, I play matches and there's always people cheering me on supporting me, wanting an autograph, wanting a picture," Federer said. "That does keep me going. If you put me on the small court with no spectators, this is where I'll struggle with my motivation."

The other players in the top four certainly have threatened Federer's dominance in recent times. Top-ranked Nadal has won 14 of their 23 matches, Murray has beaten him in 8 of 13 matches, and Federer leads Novak Djokovic 11-6 in head

to heads.

"Maybe in the past I had winning records against everybody," Federer said. "I remember at one stage I beat 24 top 10 players in a row. Every time I was in a final, I won 24 finals in a row, so obviously you cannot keep up those kinds of streaks but I was so successful that I suppose I'm being compared to back then which is very hard to do."

Despite a comparative loss of form, Federer said that he has been happy with his level of play this year, particularly since Wimbledon.

"I definitely lost some matches that I could have avoided this year," Federer said. "You have to fight back and try to make it not happen so often, and that's what I'm doing and I hope I'm going to be able to turn this thing around" q



Cain outduels Hamels, Giants take 2-1 NLCS lead

By JANIE McCAULEY

AP Baseball Writer

SAN FRANCISCO — Cody Ross keeps doing his best Barry Bonds imitation.

With the home run king watching and cheering from a front-row seat, Ross delivered again, Matt Cain outdueled Cole Hamels and the San Francisco Giants beat the Philadelphia Phillies 3-0 Tuesday for a 2-1 lead in the NL championship series.

Picked up off waivers in August from Florida, Ross added to his quickly growing postseason legacy. He homered three times in the first two games at Philadelphia and hit an RBI single in Game 3 to break a scoreless tie.

"He plays with no fear," Giants manager Bruce Bochy. "That's what you love about the guy."

The modest Ross insists he's far from deserving of comparisons to Bonds or Mr. October himself, Reggie Jackson.

Bochy even tinkered with his lineup, moving Ross up into the No. 5 spot. The good-natured guy who aspired to be a rodeo clown as a kid came to the plate to chants of "Cody! Cody!"

"It's an easy name to chant, that's probably why. Two syllables," Ross said. "It's been an unbelievable experience for me so far. A month and a half, two months, ago, I didn't dream I'd be in this situation. The Giants were awesome to bring me over here. It's just been a great ride."

San Francisco grabbed the edge in its best-of-seven series against the two-time defending NL champions — with two more games in their home ballpark.

Bonds, wearing his old No. 25 jersey, got the towel-waving sellout crowd of 43,320 going at AT&T Park when introduced on the field before first pitch with three other ex-Giants. He threw his arms up in the air and waved, generating wild cheers.

The Giants have never won the World Series since moving West to San Francisco before the 1958 season. They came within six outs of a title in 2002, led by Bonds' slugging.

The last time this franchise won it all was in 1954, as the New York Giants. On a team that included future Hall of Famer Willie Mays and other big-name players, it was a part-time outfielder who hit .253 in his career — Dusty Rhodes — who emerged as the Series star with two homers in six at-bats.

So far this postseason, that role of unlikely hero belongs entirely to Ross, an outfielder with a lifetime .265 mark. Ross and Rhodes both played seven seasons and reached the postseason just once.

"He's our spark plug," Aubrey Huff said.

Ross hit an RBI single in the fourth inning to break a scoreless tie and fellow playoff first-timer Huff followed with a run-scoring single.

"He's definitely hot," Hamels said. "He's been battling and hitting pitches that most normal people can't hit at this time."

The answer?

"Hit him," Hamels kidded.

This marked the third impressive pitcher's duel in as many games of this NLCS. First, it was Roy Halladay vs. Tim Lincecum, then Roy Oswalt and Jonathan Sanchez. Joe Blanton will start for the Phillies in Game 4 on Wednesday night, though manager Charlie Manuel considered Halladay on short rest. Blanton last pitched one inning of relief on the final day of the season, an 8-7 loss at Atlanta, and has not started since Sept. 29.

Rookie Madison Bumgarner starts for the Giants in his first career matchup with the Phillies. He pitched the division series clincher at Atlanta.

"I would say tomorrow is the biggest game we've played so far," Manuel said.

On a beautiful and festive fall day in the Bay Area, Bochy made all the right moves.

Along with Ross moving up, Aaron Rowand earned a start in center field, then doubled and scored on Freddy Sanchez's fifth-inning single.

"We kind of had the old lineup out there and everybody battled against a tough, tough lefty," Huff said. "This guy's



Philadelphia Phillies catcher Carlos Ruiz watches as San Francisco Giants' Cody Ross hits a run-scoring single during the fourth inning of Game 3 of baseball's National League Championship Series Tuesday, Oct. 19, 2010, in San Francisco.

Associated Press

been mowing people down pretty much all year long, so it was a big win to come home and get the first one."

Cain allowed two hits over seven innings, struck out five and walked three in a strong 119-pitch effort.

Javier Lopez pitched the eighth and Brian Wilson finished it for his fourth postseason save and second in as many tries this series.

"Usually someone steps up but that wasn't the case today," Phillies shortstop Jimmy Rollins said. "When you get a guy on, you get him in. That's the way to jump start it."

Cain and 2008 World Series MVP Hamels each began with three scoreless innings. The left-handed Hamels didn't allow a hit until Edgar Renteria's single to start the fourth, while Carlos Ruiz's one-out single in the third was the first off Cain.

After Renteria's hit, Sanchez sacrificed him to second. Buster Posey struck out swinging and former Phillies outfielder Pat Burrell walked. Ross followed with his single. San Francisco managed only four hits in losing 6-1 on Sunday night at Citizens Bank Park. The Giants knew they needed to do more Tuesday to swing the momentum back in their favor.

Bochy started Rowand against his former club in place of

the struggling Andres Torres. Bochy said Torres would be back in the lineup Wednesday against a right-hander. When Rowand scored, the first person to greet Rowand in the dugout was Torres.

"You feel good for them. They're pros," Bochy said of Rowand and Renteria. "They've done a great job of setting aside their ego. We've got guys who are used to being out there every day. Aaron kept himself ready and

gets a start today, gets a big hit, scores a run. They've been a big part of this."

Freddy Sanchez in the No. 2 hole was the only Giant to stay in the same spot in the order. Shortstop Renteria moved into Torres' regular leadoff hole, while Huff was moved down to sixth from third.

Juan Uribe played after he was scratched late before Game 2 with a bruised left wrist. An MRI exam Monday showed no structural damage. □



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In this photo made Oct. 17, 2010, Baltimore Ravens tight end Todd Heap, left, takes a hit from New England Patriots safety Brandon Meriweather, right, during an NFL football game at Gillette Stadium in Foxborough, Mass. The NFL will immediately begin suspending players for dangerous and flagrant hits that violate rules, particularly those involving helmets. Suspensions will be in place for this weekend's games and could be handed out for hits that took place last Sunday, vice president of football operations Ray Anderson said.

Associated Press

Report: NFL, Favre meet about alleged impropriety

By DAVE CAMPBELL
AP Sports Writer

EDEN PRAIRIE, Minn. — Brett Favre has spoken with an NFL security official about text messages and lewd photos he allegedly sent to a New York Jets employee two years ago when he played for the team, ESPN reported.

The network, citing unidentified sources and without providing further details, said Tuesday afternoon that Favre and NFL vice president for security Milt Ahlerich finished their meeting.

Commissioner Roger Goodell said previously the Vikings quarterback would meet this week with a league official about the below-the-waist photos he allegedly sent to Jenn Sterger, now a TV personality with the Versus network. The Deadspin website reported the story about the married quarterback's alleged behavior toward Sterger, who has not commented on the report. NFL spokesman Greg Aiello declined to confirm the

meeting took place. Favre's agent Bus Cook did not return messages.

Favre arrived at Vikings headquarters in the morning, and reporters across the street saw Cook drive out of the parking lot in Favre's vehicle in the afternoon about 6 1/2 hours later. Vikings players have Tuesdays off, but many of them show up for treatment or film study.

On the other side of the Twin Cities at a promotional union event, NFL players association executive director DeMaurice Smith declined to provide details on Favre's situation.

"I understand that he is meeting, or representatives have met or are meeting, with the league," Smith said. "When we meet and talk with players, I don't intend to play it out in front of the press."

Added Smith: "We represent every player. Our issues are to ensure that the process is fair, and we do everything to ensure that that process is fair."

The 41-year-old Favre is



Minnesota Vikings quarterback Brett Favre (4) pumps his fist after a Vikings first down late in the fourth quarter during an NFL football game between the Vikings and the Dallas Cowboys, Sunday, Oct. 17, 2010, in Minneapolis.

Associated Press
scheduled to address the media on Wednesday, the day of his regular weekly news conference between games. This already would have been a high-drama week for Favre, with another return to Lambeau Field to face his old team in Green Bay. The Vikings (2-3) play at the Packers (3-3) on Sunday night. □

HELMET

Continued from Page B1

In the past, players were either fined or ejected for illegal hits. But after the series of recent flagrant tackles, several of which resulted in concussions, the NFL ratcheted up the punishment "for egregious and elevated hits," Anderson said. Among the hits getting attention last weekend:

—The Eagles' DeSean Jackson and the Falcons' Dunta Robinson were knocked out of their game after a frightening collision in which Robinson launched himself head first to make a tackle. Both sustained concussions.

—Ravens tight end Todd Heap took a vicious hit from Patriots safety Brandon Meriweather that Heap called "one of those hits that shouldn't happen."

—The Steelers' James Harrison sidelined two Browns players with head injuries after jarring hits. An NFL spokesman said one of the tackles, on Joshua Cribbs, was legal. The Browns were more upset about Harrison's hit on Mohamed Massaquoi, which the league is reviewing.

Not only is the league worried about defenders turning themselves into human missiles, but also with them aiming for the head with the forearm, shoulder or any other body part.

"We're certainly concerned," said Anderson, a member of the league's competition committee and one of its loudest voices on the need for enhanced player safety. "The fundamentally old way of wrapping up and tackling seems to have faded away. A lot of the increase is from hits to blow guys up. That has become a more popular way of doing it.

"Yes, we are concerned they are getting away from the fundamentals of tackling, and maybe it has been coached that way. We're going to have to look into talking to our coaches." After players around the league had the chance to view some of those hits, reactions to possible suspensions were mixed. Texans tackle Eric Winston, a former college teammate of Meriweather at Miami, and a former teammate of Robinson in Houston, saw dissimilarities in the two tackles involving those players.

"I love Brandon to death, but that was a flagrant foul. That's what the league is talking about," Winston said. "Dunta's hit, that wasn't even with the helmet. That was just a collision. I don't think that's what they're talking about. I think they're talking more about the Meriweather stuff, where it's not only leading with your helmet, but it's also a launching. You know it when you see it, and there's a difference.

"I'm the first one to say that not every penalty should be a fine. But there is a difference between whether it's a flagrant-ejection kind of a hit or whether it's a 15-yard penalty."

Andre Johnson, the Texans' All-Pro wide receiver, noted that some of the violence can't be removed from the sport.

"A lot of times, guys are just out there playing and they'll just go and get you," he said. "I don't really think they're thinking about the helmet-to-helmet contact.

"You'll probably see a lot of players more hesitant before they make their hits." □

Titans beat Jaguars 30-3 in battle of backup QBs

By MARK LONG

AP Sports Writer

JACKSONVILLE, Fla. — Tennessee's Vince Young watched from the sideline. Jacksonville's David Garrard was in the locker room.

Both starting quarterbacks were knocked out of Monday night's game, turning things over to veteran Kerry Collins and recently signed Trent Edwards.

The backups performed as expected, with Collins leading the Titans to a 30-3 victory and Edwards looking mostly like a guy who joined the team three weeks ago.

"Kerry did a nice job and that's why Kerry's here," Titans coach Jeff Fisher said. "We're very, very fortunate that we have two very good quarterbacks."

Collins completed 11 of 16 passes for 110 yards and a touchdown, directed five consecutive scoring drives and put the Titans (4-2) atop the AFC South. Tennessee, which also got 111 yards rushing and a late score from Chris Johnson, moved into a three-way tie with Indianapolis and Houston.

The Jaguars (3-3), meanwhile, were left in a familiar position. They finished last in the division the last two years and are again in chase mode.

"Not the night we were looking for," Jaguars coach Jack Del Rio said. "We turned it over four times, lost our quarterback. ... Not the kind of night we wanted to have."

Young threw a 23-yard touchdown pass to Kenny Britt on the opening drive, then sprained his left knee on the next series.

"He's a little sore," Fisher said, adding that Young also sprained his left ankle. "He could have finished in shotgun."

Collins replaced him and threw a short TD to Bo Scaife, then led the Titans on time-consuming drives to keep control.

"That's part of the life of a backup in the NFL," Collins said.

At 37 years old, Collins has been a starter and a backup.

He even replaced Young in the 2008 season opener in Jacksonville, then kept the starting job the rest of the year. This time, though, he knows his role.

"I'm a short-term fill-in," he said.

Jacksonville was plagued by turnovers for the second straight week. The Jaguars were able to overcome three mistakes against winless Buffalo. No such luck against Tennessee, which has won six of the last eight in the series.

The Titans turned three short fields into 13 points, taking advantage of two interceptions and a short punt. Making matters worse for Jacksonville, tight end Mercedes Lewis fumbled at the Tennessee 10-yard line in the second quarter and receiver Tiquan Underwood let Vincent Fuller rip a pass out of his hands in the end zone in the fourth.

The Jaguars finished with four turnovers.

"We can't shoot ourselves in the foot like that," Lewis said. "It's not them beating us. It's us beating ourselves. It's self-inflicted. And playing from behind, that's not us."

Garrard, hit several times early, completed 7 of 12 passes for 49 yards, with an interception. He sustained a concussion in the second quarter after getting rocked by Will Witherspoon.

"Losing David definitely hurt," Underwood said.

"That's our quarterback, our captain, our leader."

Edwards, the former Buffalo starter who was claimed off waivers three weeks ago, stepped in for his first action with the Jaguars. He was 11 of 20 for 115 yards, with two interceptions.

"We never got any offensive rhythm," Lewis said. "To have Dave go out like that, everybody felt they had to press."

Jacksonville finished with 249 yards, as Tennessee's defense stuffed Maurice Jones-Drew, blanketed Mike Sims-Walker and kept steady pressure on whoever lined up at quarterback.

The Titans moved the ball with relative ease all night. They finished with 324 yards, including a 35-yard touchdown run by Johnson on his final carry of the night.

Jones-Drew and Johnson set an NFL record the last time they shared a field. Jones-Drew ran for a career-high 177 yards and two touchdowns, Johnson finished with a career-high 228 yards and two scores. Together, they gave the league its first game with at least four TD runs of at least 50 yards. Tennessee won that one 30-13 last November.

The rematch was nearly as lopsided.

Rob Bironas kicked three field goals, plenty for Tennessee's stifling defense.

The Jaguars only got into



Tennessee Titans quarterback Kerry Collins (5) looks to hand the ball off during the first half of an NFL football game against the Jacksonville Jaguars in Jacksonville, Fla., Monday, Oct. 18, 2010. Collins came in the game for injured quarterback Vince Young.

Associated Press

Tennessee territory twice. The first one ended shortly before halftime when Lewis caught a short pass from Edwards, turned and let the ball slip out of his hands that the Titans recovered.

Down 20-0 early in the third quarter, Edwards hit Mike Thomas for 21 yards. Cortland

Finnegan was called for defensive pass interference and Edwards again found Thomas on third-and-8 from the 18 to get down to the 7. But on third down, Jacob Ford sacked Edwards, and the Jaguars had to settle for a 33-yard field goal by Josh Scobee. □

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In this Sept. 11, 1985, file photo, Cincinnati Reds' Pete Rose fights tears on first base after making his 4,192nd hit, breaking the record held by Ty Cobb, in Cincinnati. Rose got to get back on a baseball field for the 25th anniversary of his record-setting hit No. 4,192, the subject of a documentary debuting this week.

Associated Press

ROSE

Continued from Page B1

Baseball's hits king told The Associated Press in an interview Tuesday that it's taken him a long time to realize what Giamatti wanted when he gave Rose a lifetime ban for betting on baseball in 1989. Giamatti urged him to "reconfigure" his life.

"I'm kind of a hardheaded guy. That's probably the reason I got all those damn hits," Rose said. "It took me years to figure out what he was saying was to step forward and fess up and take responsibility for what you did. In the last several years, I finally get it. I understand."

In recent months, Rose has tried to patch up relationships with former Big Red Machine teammates and apologize for how his gambling scandal affected them. He also got back on a baseball field — Major League Baseball gave the Reds permission to celebrate the 25th anniversary of record-setting hit No. 4,192 on Sept. 11.

"Just a magic moment for someone who's retired from the game," Rose said.

It became a chance for him to make amends. Rose, who turns 70 on April 14, said he reached out to Hall of Famers Johnny Bench and Joe Morgan this year and apologized. The investigation of Rose's gambling took some of the attention away from Bench's induction into the Hall of Fame in 1989.

"I expressed how sorry I was to those guys, if I caused any embarrassment over the years," Rose said. "Especially Johnny. He was inducted in '89, the year of the investigation. Him and I are on the same page. I can call him a good friend. I'm happy to be able to do that."

After the Reds honored him on the field Sept. 11, Rose went to a nearby casino to get roasted by former teammates, players and friends. At the end of the evening, Rose apologized to them, too, breaking down at one point.

"That was the first time I had a microphone in my hand, and I had guys I wanted to apologize to in the room," Rose said. "It was

hard, but I did it because that's what I wanted to do. I just felt it was the right time for me to do what I did."

Hall of Famer Tony Perez told the AP afterward that Rose's contrition and his emotion were touching and convincing.

"He's a different guy now," said Perez, who was at the roast. "He's changed. I believe it." Rose hoped that he would be reinstated after he acknowledged in his second autobiography, "Pete Rose: My Prison Without Bars," that he bet on Reds games while he was player-manager in the 1980s. There was a backlash over the 2004 book, and Rose remains banned from baseball and its Hall of Fame.

"I understand the Hall of Fame," Rose said. "I understand what it takes to get to the Hall of Fame. I also understand how I screwed it up."

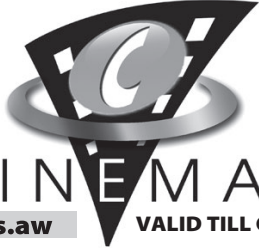
Commissioner Bud Selig has given no indication that he's leaning toward reinstating Rose, who accepts whatever happens.

"I'm perfectly happy inside right now — understand what I'm saying?" he said. "I think anybody that knows me knows that I'm very sorry. I understand the mistakes I made. There's some people that will never give you a second opportunity. That's fine. I can understand they feel that way."

Rose's career is the subject of a documentary. "4192 — The Crowning of the Hit King" will be previewed on Friday in Cincinnati. Rose reminisces about getting his career going with his hometown team.

He gets prolonged standing ovations from fans when he attends games at Great American Ball Park, sitting in seats behind home plate. He went on the field there for the first time as part of the Sept. 11 festivities, walking to first base and stepping on it 25 years to the day after his record-setting single at old Riverfront Stadium.

"I don't think I'm going to make 50," Rose said, laughing. "It's going to be hard. I might wheel myself out there. I don't know if I'd be able to step on the base hard, but I'd probably die trying." □



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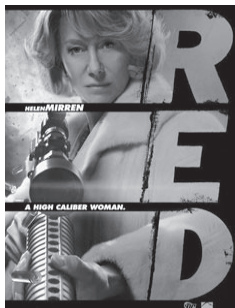
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NHL Roundup

Blackhawks edge Blues 3-2

CHICAGO (AP) — Marian Hossa scored a pair of goals 2:31 apart late in the third period to erase an early two-goal deficit, then Patrick Sharp connected at 3:50 of overtime to give the Chicago Blackhawks a 3-2 win over the St. Louis Blues on Monday.

Sharp scored from just to the left of the crease after taking a cross-ice pass from Patrick Kane and whipping a shot past Jaroslav Halak. Sharp's fifth goal in three games extended Chicago's winning streak to three. Hossa spoiled a shutout bid by Halak with 6:48 left in the third when he scored a power-play goal by backhanding in a rebound of Brent Seabrook's shot. Hossa leveled it at 2-2 with 4:17 to go when he fired in a loose puck, also on a backhand shot, from a scrum in the crease.

It was his seventh goal in seven games this season. David Perron scored his first two goals of the season for the Blues, whose losing streak reached three.

Penguins 5, Senators 2

At Pittsburgh, Sidney Crosby and Mark Letestu scored power-play goals in the first period as the Penguins won their third in a row, ruining defenseman Sergei Gonchar's return to Pittsburgh by beating

Ottawa.

Evgeni Malkin also scored as the Penguins won their fourth in five games since losing three of their first four games. All three of those losses were in the new Consol Energy Center, where the Penguins have since won their past two.

Gonchar, the power play anchor of the Penguins' Stanley Cup finalist teams in 2008 and 2009, didn't have a memorable return in his first game back in a visiting uniform.

Avalanche 3, Rangers 1

At New York, Chris Stewart scored his second power-play goal of the game in the third period, and Daniel Winnik extended Colorado's lead 26 seconds later as the Avalanche ended a five-game road trip with a victory over New York.

With the game tied 1-1, Stewart shoved down defenseman Steve Eminger in the crease, took a pass from the trapezoid from Paul Stastny, and shoved

the puck past goalie Henrik Lundqvist at 7:20. Stewart has a team-leading five goals this season, with at least one in each of the past three games.

Islanders 2, Maple Leafs 1, OT

At Toronto, John Tavares scored at 3:26 of overtime to lift New York past Toronto.

With Brett Lebda in the penalty box for goaltender interference, Tavares one-timed a shot past Jean-Sebastien Giguere. Giguere finished with 18 saves.

Matt Moulson also scored for the Islanders, who are off to a strong start despite injuries to regulars Mark Streit, Kyle Okposo and Trent Hunter.

Phil Kessel scored a power-play goal late in the third period for Toronto.

Lightning 5, Stars 4

At Tampa Bay, Florida, Steven Stamkos had a goal and two assists, and Dominic Moore scored two goals as Tampa Bay beat



Chicago Blackhawks center Patrick Sharp celebrates his goal in overtime against the St. Louis Blues in an NHL hockey game Monday, Oct. 18, 2010 in Chicago. Chicago won 3-2.

Associated Press

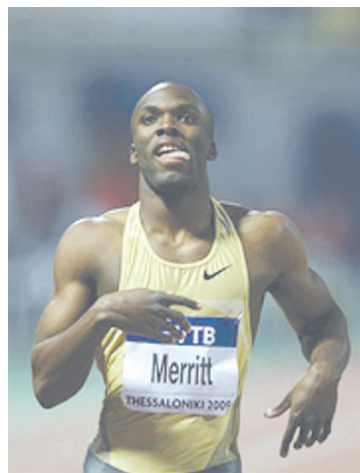
Dallas.

Tampa Bay also got goals from Steve Downie and Sean Bergenheim. Stamkos has five goals and four assists in five games this season.

Toby Petersen, Adam Burish, Brenden Morrow and James Neal scored for the Stars, who had started the season by winning four

in a row. Dallas, which entered with the third-worst penalty-killing unit in the NHL, allowed four power-play goals.

In other NHL games it was N.Y. Islanders 2, Toronto 1, OT; Colorado 3, N.Y. Rangers 1; Pittsburgh 5, Ottawa 2; Tampa Bay 5, Dallas 4; and Chicago 3, St. Louis 2, OT. □



This Sept. 12, 2009, file photo shows United States gold medalist LaShawn Merritt reacting after winning the men's 400-meter event at the IAAF World Athletics Final in Thessaloniki, Greece.

Associated Press

LAUSANNE, Switzerland (AP) — Lashawn Merritt is ineligible to defend his Olympic 400-meter title at the 2012 London Games, even though his doping ban ends a year earlier, the IOC said Tuesday.

The American runner received

IOC rules bar 400-champ Merritt from London Games

a 21-month suspension from U.S. arbitrators on Monday for using a banned substance found in an over-the-counter male enhancement product.

The ban expires in July 2011, leaving Merritt eligible to compete in the world championships in Daegu, South Korea, in August next year.

But the International Olympic Committee reiterated that its rules will keep Merritt out of the London Olympics. Under a rule adopted in Osaka, Japan, in 2008, any athlete suspended for more than six months is automatically banned from the next Olympics.

"Each case is of course different and subject to potential legal procedures,"

the IOC said in a statement. "But the IOC's rules are clear, coming into force just before Beijing in July 2008. The Osaka rule states very clearly that any athlete sanctioned for more than six months will be banned from participation in the next edition of the games. "This rule is still valid and applies to all athletes.

Merritt also won gold in the 4x400 relay in Beijing and in the 400 at the 2009 world championships in Berlin.

The American tested positive for testosterone prohormones three times between October 2009 and January 2010. He cooperated with doping authorities, and arbitrators took three months off the normal two-year ban for first-

time offenders.

In finding Merritt's use of a product called Extenze, the arbitration panel wrote that Merritt's conduct "was exemplary and demonstrated tremendous character in making what had to be a painful and humiliating confession."

In a statement released through his attorney, Merritt said he appreciated the arbitrators' decision to cut the suspension by three months.

"While I acknowledge that I made a mistake, I appreciate that the Arbitration Panel listened to all of the evidence, and agreed that I have never taken any substance to gain an advantage on the track," Merritt said. □



Tough Tour de France course will suit Contador



This photo provided Tuesday Oct.19, 2010 by Tour de France organizer Amaury Sport Organisation (ASO) shows the map of the Tour de France 2011. The 2011 Tour de France will start in the Vendee region, western France, on July 2 to end in Paris on July 24, 2011.

SAMUEL PETREQUIN

AP Sports Writer

PARIS (AP) — With six high mountain stages and four hilltop finishes, the 2011 Tour de France route is tailor-made for three-time champion Alberto Contador — if he's not banned for doping.

Arguably the best climber in the world, the 27-year-old Spaniard is unsure whether he will be allowed to race after being provisionally suspended for a positive doping test at the 2010 Tour, which he won. If he is cleared, Contador will once again be the huge favorite when the race sets off next July.

Tour organizers unveiled the 2011 course on Tuesday, with Contador skipping the presentation at the Palais des Congres. Andy Schleck, the 2010 runner-up who would likely inherit the title if Contador is stripped of his win, was in the audience.

Tour director Christian Prudhomme said he is reserving judgement on Contador's case until the UCI, cycling's governing body, issues its final ruling.

"Suspicion doesn't mean guilt," Prudhomme told reporters. "We stick by this position for now and we are hoping we won't wait too

long."

Contador claims that the traces of the banned drug clenbuterol discovered in one of his samples by a laboratory in Cologne, Germany, came from contaminated steak. He denies that tests also found traces of plastic residues indicating he underwent banned blood transfusions.

If found guilty of doping, Contador faces a possible two-year suspension and could become just the second cyclist to be stripped of a Tour crown. American Floyd Landis lost his 2006 Tour title for doping. Cycling's governing body president Pat McQuaid said the UCI will not be rushed into a decision, and is still discussing the Contador case with the World Anti-Doping Agency's scientific and legal experts.

"It's a very important case and we need to be completely sure before a decision is taken," McQuaid said. "It's quite complicated. We are waiting for the results to come back and I don't know how long it's going to take. In fairness to Contador, in fairness to the sport, in fairness to the Tour de France, we need to go into the details to make sure the decision that will be taken is the right one."

McQuaid also criticized WADA director general David Howman for reportedly saying that "the UCI was possibly dragging the heels" in the Contador case.

"That is not the case at all," McQuaid said. "He shouldn't have said that and, like the UCI, he shouldn't have commented on a case which is still in progress."

The 2011 race will start on July 2 in the western region of Vendee with a 191-km first stage from Passage du Gois to Mont Des Alouettes that will be followed by a 23-kilometer (14.3-mile) team time trial around Les Essarts.

A final stage on the Champs-Elysees on July 24 wraps up a 3,471-km ride.

Last year, organizers celebrated the first crossing of the Pyrenees with four stages in the mountains that form the border between France and Spain but offered less difficult stages in the Alps.

"This year we wanted a more balanced route, with three stages in the Pyrenees and three in the Alps during the last week," Prudhomme said. "We will maintain suspense right up until the end."

The Pyrenean stages are scheduled during the race's second week, when the peleton will go through two new mountain passes, the Perthus

in the heart of the Cantal range and the Hourquette d'Ancizan, on the Luz-Ardiden road.

The third week promises to be crucial with the Col du Galibier climbed twice before a stage finish at the legendary Alpe d'Huez ski resort and its 21 hairpin bends on July 22.

Tour riders first climbed the Galibier — the most visited mountain pass in race history — 100 years ago. To celebrate the centenary, the finish of the 18th stage will be at the summit, which will be the highest finish in the Tour's history, at an altitude of 2,645 meters.

Prudhomme promised that the first week of the race will also be action-packed, with the finish of the fourth stage at the top of the Mur de Bretagne, following a climb of 2 kilometers with an average gradient of 6.9 percent and some sections with a 15-percent gradient.

"Last summer's first week was thrilling and this year it will offer the riders a difficult route as well," Prudhomme said. "We wanted to provide a vast array of challenges for all kind of riders, roads exposed to winds, a team time trial and a finish at the Mur de Bretagne. With this stage, we make sure that all Tour contenders will be fighting up front."

The course will include a total

of 23 mountain passes in the Alps, Pyrenees and Massif Central, two less than this year.

"I think it's harder than last year because we have one more hilltop finish," said Andy Schleck, who left the Saxo Bank team to launch a new outfit with his brother Frank. "A lot of riders want to win this Tour, with (Vuelta winner) Vincenzo Nibali, Ivan (Basso) and Cadel (Evans) being strong contenders, but I'll have the team for this race."

Riders will also visit Italy during the 17th and 18th stages in Pinerolo.

Prize money will total €3.2 million, with €450,000 for the winner.

Prudhomme said that despite the rash of recent doping cases, interest for the Tour remains huge in France and abroad.

"The Tour is a giant and we receive requests from everywhere from cities interested in organizing a start," Prudhomme said. "Last week it was Krakow (in Poland). I also went to Shanghai at the World Expo and I was amazed by the Chinese people's interest for the race. We also received about 250 other requests from cities interested in hosting a stage." □

IAAF selects 10 men, 10 women candidates for award

MONACO (AP) — The IAAF selected 10 men and 10 women Tuesday as candidates for the 2010 world athlete of the year award, and Usain Bolt's name was nowhere to be found. The Jamaican sprinter missed the latter part of the season because of tightness in his lower back, forcing him to skip several events late in the year and the Commonwealth Games in New Delhi.

Instead, the men's award could go to Kenyan runner David Rudisha, who twice broke the 800-meter world record this season.

Breakthrough sprinter Christophe Lemaitre was also on the list. The Frenchman, who won the European athlete of the year award, won the 100 and 200 titles at the European championship and ran a 9.98 in the 100 this season. The other candidates are American sprinter Tyson Gay, Australian pole vaulter Steve Hooker, American distance runner Bernard Lagat,

American shot putter Christian Cantwell, American hurdler David Oliver, Eritrean distance runner Zersenay Tadese, French triple jumper Teddy Tamgho and Norwegian javelin thrower Andreas Thorkildsen.

For the women, world heptathlon champion Jessica Ennis of Britain and American sprinter Allyson Felix were among the nominees.

Ennis, who won the world indoor pentathlon title, earned gold in the heptathlon at the European championships. Felix won 14 of her 15 individual races this year.

The list also has Jamaican sprinter Veronica Campbell Brown, Croatian high jumper Blanka Vlasic, Kenyan steeplechaser Milcah Chemos Cheywa, Ethiopian distance runner Meseret Defar, Brazilian pole vaulter Fabiana Murer, Belorussian shot putter Nadezhda Ostapchuk, Kazak triple jumper Olga Rypakova and Polish hammer thrower Anita Wlodarczyk. □

Intel to spend up to \$8B on US manufacturing

By JORDAN ROBERTSON,
AP Technology Writer

SAN FRANCISCO — Intel Corp. on Tuesday revealed the scope of its latest infusion to keep its factories cutting-edge and push the chip industry's pace: an investment of up to \$8 billion to build a new factory in Oregon and upgrade four existing plants in Arizona and Oregon.

In all, the projects will create up to 8,000 temporary construction jobs and up to 1,000 permanent positions in Oregon when that factory opens in 2013.

Intel's problem with factories is akin to your car needing a new engine every couple of years to avoid becoming a dinosaur. Intel's factories are the Ferraris of the semiconductor world.

They need constant, massive investments to keep up with the breakneck pace of technological progress that Intel itself set and has pushed for more than 40 years.

"Today's announcement reflects the next tranche of the continued advancement

of Moore's Law and a further commitment to invest in the future of Intel and America," Intel President and CEO Paul Otellini said.

Moore's Law is Intel co-founder Gordon Moore's famous prediction in 1965 that computer chips' performance will roughly double every two years as manufacturing technology improves and more transistors, or tiny on/off switches, can be crammed on to the chips. The other side of that prediction is that prices will also fall.

Tuesday's announcement underscores Intel's role as the world's biggest manufacturer of microprocessors, which are the "brains" of computers. It also shows the importance of the company's size and ability to spend heavily in maintaining its lead in the semiconductor world.

Few companies can stomach the cost of competing against Intel. Advanced Micro Devices Inc., Intel's main rival in computer microprocessors, spun off its factories into a separate company, called

GlobalFoundries Inc., in 2009 to unload debt and free itself from the heavy upkeep costs. AMD's revenue is seven times less than Intel's.

Intel's new investment will support its transition to 22-nanometer manufacturing technology. Intel's last major investment was a \$7 billion outlay announced in February 2009.

The two plants in Chandler, Ariz., and two in Hillsboro, Ore., that are getting the upgrade make Intel's most advanced chips. Intel has plants around the world, including Ireland and Israel, but three-quarters of its chip manufacturing is done in the U.S. That's partly a function of strict U.S. export rules on the most sophisticated chip-making equipment. Those rules effectively limit the kinds of chips that Intel can make in certain countries, such as China.

The heavy costs are the result of the price of new chip-making equipment. Lithography and other types of machines can cost more



FILE - In this file photo taken July 12, 2010, the exterior of Intel Corp. headquarters is shown, in Santa Clara, Calif. Intel said Tuesday, Oct. 19, 2010, it will spend \$6 billion to \$8 billion on new chip manufacturing technology in its U.S. factories and will build a new development plant in Oregon.

(AP Photo/Paul Sakuma, file)

than \$1 million each and come from companies such as Nikon Corp., Canon Inc. and Applied Materials Inc.

Intel owns about 80 percent of the worldwide market for PC and server microprocessors. AMD is second with about

20 percent. Intel is expanding aggressively into new markets for its chips such as cell phones and televisions and cable set-top boxes and tablets.

Intel shares increased 14 cents to \$19.33 in midday trading Tuesday. □

Google mapped much more than addresses: Canada

OTTAWA, Ontario — Canada's privacy commissioner said Tuesday Google broke Canadian privacy laws when it accidentally collected personal information from unsecured wireless networks while putting together its Street View mapping service.

An investigation by Privacy Commissioner Jennifer Stoddart's office found complete emails, addresses, usernames and passwords. Even a list that provided the names of people suffering from certain medical conditions was collected.

Stoddart said thousands of Canadians were likely affected by what amounted to a careless

error on the part of an engineer.

According to the investigation, the code the engineer wrote to map wireless Internet signals also allowed for the capture of communications over unencrypted networks, but they never submitted it for review to Google's lawyers so no one was aware of the potential for problems. "This incident was a serious violation of Canadians' privacy rights," Stoddart said in a statement.

Even when a German data collector first raised concerns about the Wi-Fi mapping earlier this year, Google denied it was collecting anything other than what was publicly available.

But upon a review, Google staff realized their cars were capturing much more than the flower pots in front of people's homes.

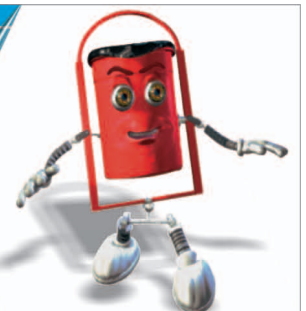
In its response to Stoddart's findings, Google said it had no intention to use the data and would keep it safe until all investigations are complete, then delete it.

After the privacy concerns were first raised, the company halted the roll out of Street View mapping cars in Ireland, Norway, South Africa and Sweden until it could delete the offending software.

Google shares fell \$10.33 to \$607.38 in afternoon trading. □

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'Happy Days' dad Tom Bosley dead at 83



Actor Tom Bosley (2nd L) poses with cast members of the television comedy series "Happy Days" Marion Ross (3rd L), Erin Moran (3rd R), Henry Winkler (2nd R) and Anson Williams (R) and the show's creator Garry Marshall (L) following ceremonies unveiling Ross's star on the Hollywood Walk of Fame in this July 12, 2001 file photograph in Hollywood.

LOS ANGELES—Tom Bosley, the patient, understanding father on television's long-

running "Happy Days," has died. He was 83. Bosley died of heart failure

early Tuesday at a hospital near his Palm Springs home. Bosley's agent, Sheryl

Abrams, said he was also battling lung cancer. TV Guide ranked Bosley's Happy Days character No. 9 on its list of the "50 Greatest TV Dads of All Time" in 2004. The show debuted in 1974 and ran for 11 seasons. After "Happy Days" ended, Bosley went on to a recurring role in "Murder, She Wrote" as Sheriff Amos Tucker. He also was the crime-solving priest in television's "The Father Dowling Mysteries," which ran from 1989 to 1991. When he was first offered the costarring role in "Happy Days," a series about teenage life in the 1950s, he turned it down. "After rereading the pilot script," he recalled in a 1986 interview, "I changed my mind because of a scene between Howard Cunningham and Richie. The father/son situation was written so movingly, I fell in love with the project." Propelled by the nation's

nostalgia for the simple pleasures of the 1950s, "Happy Days," which debuted in 1974, slowly built to hit status, becoming television's top-rated series by its third season. It made a star of Henry Winkler, who played hip-talking, motorcycle-riding hoodlum Arthur "Fonzi" Fonzarelli. His image initially clashed with that of Richie and his "straight" friends. But over the show's 11-season run Fonzarelli would transform himself from high school dropout to successful businessman. Grey Mumford, a CBS publicist who issued a statement on behalf of the family, said Bosley is survived by his wife, Patricia Bosley, his brother Richard Bosley, his daughter Amy Baer, stepdaughters Kimberly diBonaventura and Jamie Van Meter and seven grandchildren. □



Sir Elton John, left, and husband David Furnish attend the Ninth Annual Elton John AIDS Foundation benefit 'An Enduring Vision' at Cipriani Wall Street on Monday, Oct. 18, 2010 in New York.

(AP Photo/Evan Agostini)

Elton John says America needs more compassion

By NEKESA MUMBI MOODY, AP Music Writer

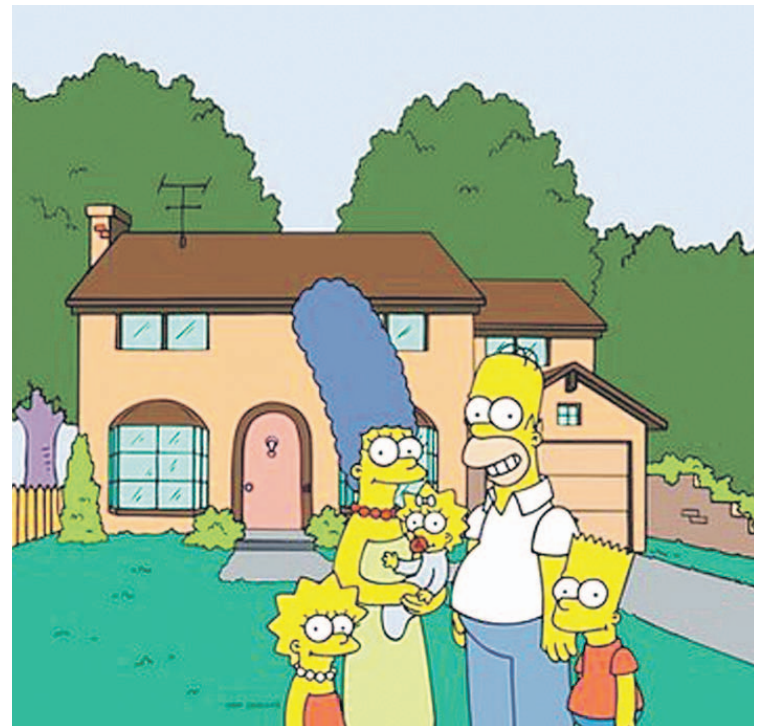
NEW YORK — Elton John says he's heartbroken by a mean tone that he says is enveloping America. John spoke at his annual Elton John AIDS Foundation benefit Monday night and honored the memory of AIDS activist Ryan White. The teen died of AIDS 20 years ago and helped combat prejudice and ignorance associated with the disease at the time. John said White is the reason why he started his foundation and he's "saddened and disturbed" that the same issues exist today. He added there needs to be frank talk about race and sexuality in discussions about AIDS. John also said White was an "amazing boy who had no prejudice, no bitterness ... God do we need that kind of thing in America at this moment." □

In excelsis D'oh! Vatican says Simpsons Catholic

By VICTOR L. SIMPSON, Associated Press Writer

VATICAN CITY — Homer Simpson a Catholic? Don't have a sacred cow, man. The Vatican newspaper has declared that Homer is part of the pope's flock — a claim that is leaving "The Simpsons" TV producer baffled and amused. "Few people know it and he does everything to hide it but it is true: Homer J. Simpson is Catholic," L'Osservatore Romano wrote in its weekend edition under the headline: "Homer and Bart are Catholic."

Last December, the newspaper also praised the show on its 20th anniversary for its philosophical leanings and irreverent take on religion. The weekend story was the latest example of the Vatican paper's efforts to be more relevant in the last few years, and follows stories not only lauding Harry Potter but even praising the Beatles and waxing philosophical about John Lennon's boast that the British band was more popular than Jesus. The paper quoted an analysis by a Jesuit priest, the



FILE - This undated frame from the Fox series "The Simpsons," shows the popular cartoon family posing in front of their home, from left, Lisa, Marge, Maggie, Homer and Bart Simpson. The Vatican newspaper has declared that Homer Simpson is part of the pope's flock. "Few people know it and he does everything to hide it but it is true: Homer J. Simpson is Catholic," L'Osservatore Romano wrote in its weekend edition of Oct. 16-17 2010 under the headline: "Homer and Bart are Catholic."

(AP Photo/Fox Broadcasting Co.)

Rev. Francesco Occhetta, discussing Homer's and his son Bart's conversion in a 2005 episode after meeting with a sympathetic priest, Father Sean, voiced by actor

Liam Neeson. L'Osservatore says the analysis shows that behind the TV program's jokes are themes "linked to the sense and quality of life." □



Stocks down sharply as dollar strengthens

By DAVID K. RANDALL,
AP Business Writer

NEW YORK — Investors pushed stocks down Tuesday as they digested news from a flurry of earnings reports from corporate heavyweights and a surprise interest rate hike in China that may slow that country's economy. Disappointing news from Apple Inc. and IBM Corp. pushed the technology-heavy Nasdaq down about 2 percent. Both companies beat earnings forecasts when they reported results late Monday, but each delivered news that investors didn't like. Apple Inc. didn't sell as many iPads as analysts had hoped and a measure of profitability was lower

than expected. IBM Corp.'s outsourcing business didn't do as well analysts predicted. Shares of Apple fell 10 percent, to \$307.94, as traders backed off of a rally that had sent the broad market up 3 percent this quarter. Apple's shares had gained nearly 10 percent in the same timeframe. "On average, the earnings reports have beaten expectations, but now investors are asking, 'What's next?'," said Jonathan Satovsky, the head of Satovsky Asset Management. "Even Apple reduced guidance for the fourth quarter of the year." Also weighing on stock prices was an announcement that China raised a key interest rate

to slow rising inflation. The market has reacted negatively throughout the year to any moves by China's government that are perceived as an effort to slow down its economy. American companies view China as an important growth market.

In afternoon trading, the Dow Jones industrial average was down 184.52, or 1.66 percent, to 10,959.17. Standard & Poor's 500 index fell 19.58, or 1.65 percent, to 1,165.13, while the Nasdaq composite index fell 45.13, or 1.82 percent, to 2,435.53.

The dollar rose 1.1 percent against a basket of currencies, while gold fell 0.1 percent. The strengthening dollar



FILE - In this March 8, 2010 file photograph, a sign for Wall Street is shown near the New York Stock Exchange. Some concerns within Apple and IBM's earnings reports drove stock futures slightly lower Tuesday, Oct. 19, 2010.

(AP Photo/Mark Lennihan, file)

led to a broad selloff of commodities. That dragged down stocks of companies in the energy and materials sectors of the Standard and Poor's 500, which were both down more than 2 percent. "The dollar rebounded pretty significantly today and that's one of the primary drivers of the market," said John

Pandtle, who is a co-manager of the Eagle Large Cap Value fund. For weeks, traders have been anticipating that the Federal Reserve will expand a program to buy bonds in hopes of encouraging spending. That has led many investors to buy stocks despite questions about the strength of the economic recovery. □

AP IMPACT: Beef industry woes may mean poorer meat

By CHRISTOPHER LEONARD,
AP Agribusiness Writer

AINSWORTH, Neb. — In this Great Plains ranching town, cowboys still lasso steers as part of their daily routine and cattle producers like Bob Sears still take pride in the long tradition of raising American beef. But Sears and many other ranchers say the market for domestic meat has withered to the point where they often receive only a single reasonable bid for their animals — a trend that could eventually mean lesser-quality meat on dinner tables across the United States.

The struggle to get a competitive price, they say, is helping to push thousands of producers out of business and might put pressure on others to sell sicker, weaker cows with less tender, less flavorful meat and smaller rib-eyes, for example.

"When the marketplace is not profitable, the only recourse a producer has is to cut the cost and try to produce more pounds with less money," said Bill Bullard, chief

executive officer at R-CALF USA, a Montana-based trade group that represents cattle producers.

The cash market for domestic beef has been declining slowly for years. But The Associated Press interviewed cattle producers in the nation's big ranching states who reported having no choice but to sell the vast majority of their cattle to one buyer.

Producers almost never criticize the industry's leading meatpackers because the companies are valued customers. An AP analysis of shipping logs and sales receipts confirmed their accounts.

"There's actually no market. You either give them to these guys, or you have no market," said Sears, who ran one of Nebraska's biggest feedlots until declaring bankruptcy in March. The complaints have also drawn the interest of federal regulators, who are investigating possible antitrust violations in the meatpacking industry.

Sears and other cattle producers suspect meatpackers are quietly

cooperating to keep prices low in an area that stretches from Kansas to Nebraska and South Dakota, the region that dominates U.S. cattle production.

Industry representatives insist there is no collusion and that the dwindling number of bids reflect broader changes in the way beef is bought and sold throughout the nation.

Without a competitive market, experts say, cattle producers could lose the motivation to raise high-quality meat. Some of them might cut corners on medicine, feed and veterinary care. "Food animal husbandry requires substantial expenditures," said Peter Carstensen, a law professor at the University of Wisconsin and former Department of Justice antitrust attorney. "If you're not going to be compensated for that, your incentive as a farmer to produce the quality just isn't there."

Cattle production is divided into two stages: Ranchers first raise the cattle from birth until maturity, then hand them over to feedlot owners, who

"finish" the animals by fattening them up before selling them to meatpackers. Since 1996, plunging profits have caused about 11,000 ranches to shut down annually, according to one industry group. That has coincided with a 27 percent drop in the number of U.S. feedlots in just 13 years.

The American beef industry has long been dominated by just a handful of major companies. But as recently as a few years ago, producers could expect to sell their animals to a mix of meatpackers.

Now the kind of competitive bidding for livestock that once defined the industry has all but ended in many places.

The process often works like this: Several competitors visit a feedlot to place bids for the same cattle. One or two companies might not submit bids at all. Others offer bids that are several dollars per head less than the market price. The fourth meatpacker bids somewhat higher, ensuring that the rancher has little choice in deciding whose bid to accept. □



Weak Blood



By: Dr. Carlos Viana

People in the same family are related by blood and “blood is thicker than water” says that family (“blood”) relations are more important than relations with friends. “Blood is thicker than water” compares the thickness of blood (family relationship) to the thickness of water (friendships) and says that our family relations are more important (“thicker”) than all others.

Interestingly, there are no quotations on “weak blood”, as in not enough red blood cells, also known as anemia. One of the more common blood disorders, anemia, occurs when the number of healthy red blood cells decreases in the body. The disc-shaped red blood cells contain hemoglobin, a unique molecule that carries oxygen to the body’s tissues.

The most common sign of anemia is mild paleness of the skin, along with decreased pinkness of the lips, the lining of the eyelids, and the nail beds. Other common signs of anemia may include: irritability, fatigue, dizziness, lightheadedness, and a rapid heartbeat. Depending on the condition causing the anemia, other signs and symptoms may occur, such as jaundice (yellow-tinged skin), dark tea-colored urine, easy bruising or bleeding, and enlargement of

the spleen or liver.

Unfortunately, many doctors don’t discover anemia until they run blood tests as part of a routine physical examination. A complete blood count may indicate that there are fewer red blood cells than normal. Other diagnostic tests may include a blood smear which can sometimes indicate the cause of the anemia. When your blood tests indicate that the total serum iron and ferritin levels, which help determine whether your anemia is due to iron deficiency is on the low side, most doctors will prescribe iron supplementation. This is a mistake that only gives you constipation.

Regrettably, many doctors do not appreciate that your blood has a narrow range of iron that it can use to help produce red blood cells. Correctly, a lack of iron can cause anemia. Similarly, too much iron also causes what looks like anemia. The immediate reaction of doctors to prescribe iron can be dangerous!

Hemoglobin is not iron! Unfortunately physicians prescribe iron to anemic people who test with low hemoglobin. Yes, the patients are anemic, but the iron can be collecting in storage instead of going into hemoglobin. These people are iron-overloaded. Many African

decedents have this condition. They need iron removed despite the anemia. The anemia should be treated with B vitamins, especially B12, B6 and folic acid. However, B vitamins should always be taken as a complete B complex, with specific B vitamins added on an individual basis by a trained Clinical Nutritionist. Blood banks especially seem to believe that hemoglobin and iron are the same. They have prepared lists of high iron foods to give out to donors with low hemoglobin. They invariably tell these people: “Your iron is low.”

Many of our grass-roots clinic patients who are anemic have type A blood. People with type A blood have a deficiency in stomach acid that prevents them from absorbing the iron from their food. The other nutritional disaster is milk products. Milk does no body good, but for the vast majority of the world’s people it is a public health disaster. No other animal drinks cow’s milk, not even calves once they are weaned. The late Dr. Benjamin Spock, the U.S.’s leading authority on child care, spoke out against feeding “cow’s glue” to children, saying it can cause anemia, allergies, and diabetes and in the long term, will set kids up for obesity and heart disease, the number one

cause of death of children in the United States.

Countless Arubans and Americans can trace our family tree to Portuguese, Spanish, Italian and Greek roots. Many decedents from Mediterranean countries have inherited Glucose-6-phosphate dehydrogenase (G6PD) deficiency. The red blood cells of people with this condition either do not make enough of the enzyme G6PD or the enzyme that is produced is abnormal and does not work well. When someone born with the deficiency has an infection, takes any sulfa medicine, is exposed to the smell of camphor, or eats fava beans the body’s red blood cells suffer extra stress. Without adequate G6PD to protect them, many red blood cells are destroyed prematurely. Iron supplementation will not help; it hurts by stressing the red blood cells more. There is a simple blood test to check if you have this many times, undetected condition.

Get The Point! I have four close friends that I would choose over my siblings in a heartbeat. There is a Venezuelan proverb that says “Blood is inherited and virtue is acquired”. The blood type A, or those of you who have inherited iron overload or G6PD deficiency can acquire

the virtue of health by learning how to be your best doctor. If you have been diagnosed with “weak blood” do not settle for iron supplements, it could be killing you faster. Come in for a consultation to find the root cause of your anemia.

CARLOS VIANA, Ph. D. is an Oriental Medical Doctor (O.M.D.) having studied in Shanghai, China; a Board Cert. Clinical Nutritionist (C.C.N.), a fellow member of the Board Certified Association of Addiction Professionals (C.Ad.), the Chairperson of the Latin American Committee of the International Academy of Oral Medicine and Toxicology (IAOMT), a Rejuvenating Cell Therapist and specializes in Anti-Aging Medicine, has a weekly radio (The Barefoot Doctor) & TV show (“Salud, Vitalidad y Dinamismo” presenta pa Dr. Viana tur Diaranson na ATV 15 durante Noticia Awenochi) writes and lectures extensively. For information: VIANA HEALING CENTER, Kibaima 7, Aruba, (Monday’s: Noord, Bubali 11M) TEL: 585-1270 FAX: 585-4789, Web Sight: www.vianaheal.com

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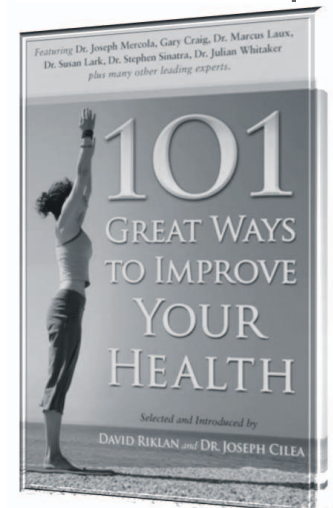


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Badly burned Texas man waits for face transplant



Dallas Wiens, 25, uses a cane to guide himself up his parents walkway in Fort Worth, Texas, Wednesday, Oct. 13, 2010. Wiens was critically burned in a 2008 high-voltage power line accident and is waiting for a face transplant.

(AP Photo/LM Otero)

By JAMIE STENGLE,
Associated Press Writer

FORTHWORTH, Texas — Dallas C. Wiens wants to be able to smile, to smell the rain, to feel his 3-year-old daughter's kisses. Two years ago, Wiens' face was burned away in a horrible electrical accident that also left him blind. Although doctors were able to transfer skin and muscle from Wiens' back and thighs onto his charred skull, he still doesn't have lips, a nose or even eyebrows. Now, after about two dozen surgeries, the new federal health care law has helped make him eligible to become perhaps the third person in the U.S. to ever undergo a face transplant.

"I do miss my sight," said Wiens, who lost his eyes in the accident. "But I miss the sensation of my face and my sense of smell the most." Wiens underwent dozens of physical and psychological tests before Brigham and Women's Hospital in Boston — one of only two U.S. centers to perform the procedure — approved him as a candidate this month. The federal health care law helped him overcome one hurdle by allowing the 25-year-old Fort Worth man to be covered by his father's

insurance to pay for the expensive medication he'll need after the operation. Wiens will likely wait months more, according to doctors, before a donor is found. "I'm a little nervous as you can expect with any major procedure like this. I'm extremely excited over the possibility of just having a normal life back," he said. "There's no words to describe what that would be like." Wiens has no memory of the November 2008 accident that took his face. Working as a contractor, he was helping his brother and uncle paint a church when, while high above the ground on a boom lift, he hit a power line.

"I'm told I lost control of the lift and ended up moving directly into the power lines," he said.

He was in a coma for three months and spent a total of six months at Parkland Memorial Hospital in Dallas undergoing surgeries. A smooth layer of skin now covers where his eyes and nose once were and he has learned to get around with the help of a walking stick. Although he has no lips or even teeth, he speaks with a strong, clear voice and is easy to understand.

"I see every day as a challenge, an opportunity for hope and joy. I'm happier now than I think I've ever been in my life," said Wiens, who lives in Fort Worth with his grandparents.

Wiens had no health insurance when he was injured; Medicaid paid for his initial care at Parkland. But he was dropped from the government health care program for the poor when his disability payments put him over its income limits.

He needed his father's insurance to help him pay for anti-rejection drugs he'll need after the surgery, which will cost \$1,300 to \$2,000 a month, Wiens said. He was able to qualify for his father's insurance because a provision of the federal health care law extends family insurance coverage to adult children until age 26.

Wiens turns 26 in May. As a disabled person, he'll be able to receive Medicare by June.

The Department of Defense will pay for the cost of surgery, he said. It's underwriting the transplant with the hope of eventually being able to help soldiers with severe facial injuries.

Dr. Jeffrey Janis, chief of plastic surgery at Parkland Health and Hospital System, said when he met Wiens, his head was "a burned skull." Janis was the one who first told Wiens about the possibility of a face transplant. □

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"FAVI FUNDACION CU VISION"

AP Enterprise: Scientists lower Gulf health grade

By SETH BORENSTEIN
CAIN BURDEAU,
Associated Press Writers

ST. PETE BEACH, Fla. — Six months after the rig explosion that led to the largest offshore oil spill in U.S. history, damage to the Gulf of Mexico can be measured more in increments than extinctions, say scientists polled by The Associated Press.

In an informal survey, 35 researchers who study the Gulf lowered their rating of its ecological health by several points, compared to their assessment before the BP well gushed millions of gallons of oil. But the drop in grade wasn't dramatic. On a scale of 0 to 100, the overall average grade for the oiled Gulf was 65 — down from 71 before the spill.

This reflects scientists' views that the spilled 172 million gallons of oil further eroded what was already a beleaguered body of water — tainted for years by farm runoff from the Mississippi River, overfishing, and oil

from smaller spills and natural seepage.

The spill wasn't the near-death blow initially feared. Nor is it the glancing strike that some relieved experts and officials said it was in midsummer.

"It is like a concussion," said Larry McKinney, who heads the Gulf of Mexico research center at Texas A&M University-Corpus Christi. "We got hit hard and we certainly are seeing some symptoms of it."

Will the symptoms stick around or just become yesterday's headaches? That's the question that couldn't be answered at a conference earlier this month of 150 scientists at a hotel on a Florida beach untainted by the spill. The St. Pete Beach gathering was organized by the White House science office to coordinate future research.

"There's the sense that it's not as bad as we had originally feared; it's not that worst case scenario," said Steve Lohrenz, a biological oceanographer at the University of Southern Mississippi. "There's still a lot

of wariness of what that long-term impact is going to be." Steve Murawski, the chief fisheries scientist for the National Oceanic and Atmospheric Administration, compared scientists' research to a TV crime drama: "It's the end of the story that counts, not all the steps along the way."

We're only at the 30-minute break in an hour-long drama, Murawski said.

And there's a plot twist. Research findings already released have led scientists and the government to shift their focus from the sea's surface to deeper waters and the ocean bottom.

A month-long cruise by Georgia researchers on the ship Oceanus reported oil on the sea floor that they suspect is BP's but haven't proven yet. Government officials still question whether there is oil on the sea floor, but the Georgia scientists say the samples smelled like an auto repair shop. They took 78 cores of sediment and only five had live worms in them. Usually they would all have life, said University of Georgia scientist Samantha Joye. She called it a "graveyard for the macrofauna."

"The fact that there isn't living fauna is a signal that something happened to these sites and these sediments," Joye said in a phone interview Friday. "The horrible thing is they've been inundated with this oily material... There's

dead animals on the bottom and it stinks to high heaven of oil."

University of South Florida's Ernst Peebles said the oil on the floor "is undermining the ecosystem from the bottom up."

David Hollander, also at South Florida, found some of the first plumes of the oil beneath the surface, something that government officials first disputed but now concede is real. Keeping the oil off the surface minimized damage to wetlands, beaches and some wildlife, so in some ways, "we dodged the bullet," he said.

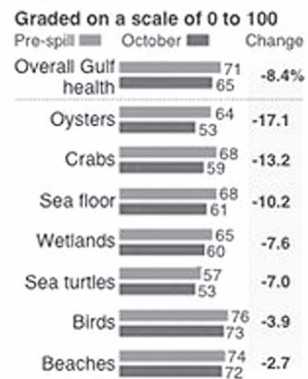
There are several reasons a sizable amount of oil didn't make it to the surface where it could do more visual harm. For one thing, BP used 1.8 million gallons of chemical dispersants to break up the oil. But scientists give more credit to the high pressure and high temperature of the gusher that spewed the oil in droplets so tiny, they didn't float to the surface.

"We still don't know the long-term effect," Hollander said. Scientists worry the oil deep below will get into plankton and the food web, maybe not killing species directly but causing genetic mutations, stress or weakening some species, with effects that will only be seen years later.

"I think populations are going to be affected for years to come," said Diane Blake, a Tulane University biochemist. "This is going to

Grading the Gulf

In an informal survey by The Associated Press, scientists offered pre-spill grades on the Gulf of Mexico and again in October. Oysters had the largest grade change.



NOTE: Baseline pre-spill grades were collected in July.

AP

Baseline pre-spill grades were collected in July; graphic shows survey results by scientists grading the health of the Gulf of Mexico

cause selective (evolutionary) pressure that's going to change the Gulf in ways we don't even know yet."

It was a long-term assault from the well.

From April 20, when the Deepwater Horizon rig exploded, killing 11 people, to July 15 when the well was initially plugged, oil bled at a prodigious rate that BP and government officials had a hard time understanding. Initially, officials said only 42,000 gallons a day was flowing, but government scientists eventually said it was as much as 2.6 million gallons a day.

One of the species mentioned most often during two days of scientific sessions in Florida doesn't even live in the Gulf. It's herring. After 1989's much smaller Exxon Valdez spill, it took awhile for the effects on Alaska's herring to be noticed, but the once prolific species crashed to extremely low levels. While other species in Prince William Sound recovered, the herring population has yet to bounce back. And Gulf researchers are wondering if that sort of thing will happen again.

If one species in the Gulf is likely to wind up like the herring, it's probably the bluefin tuna. And answers about its fate may be sitting in a lab in Poland. □

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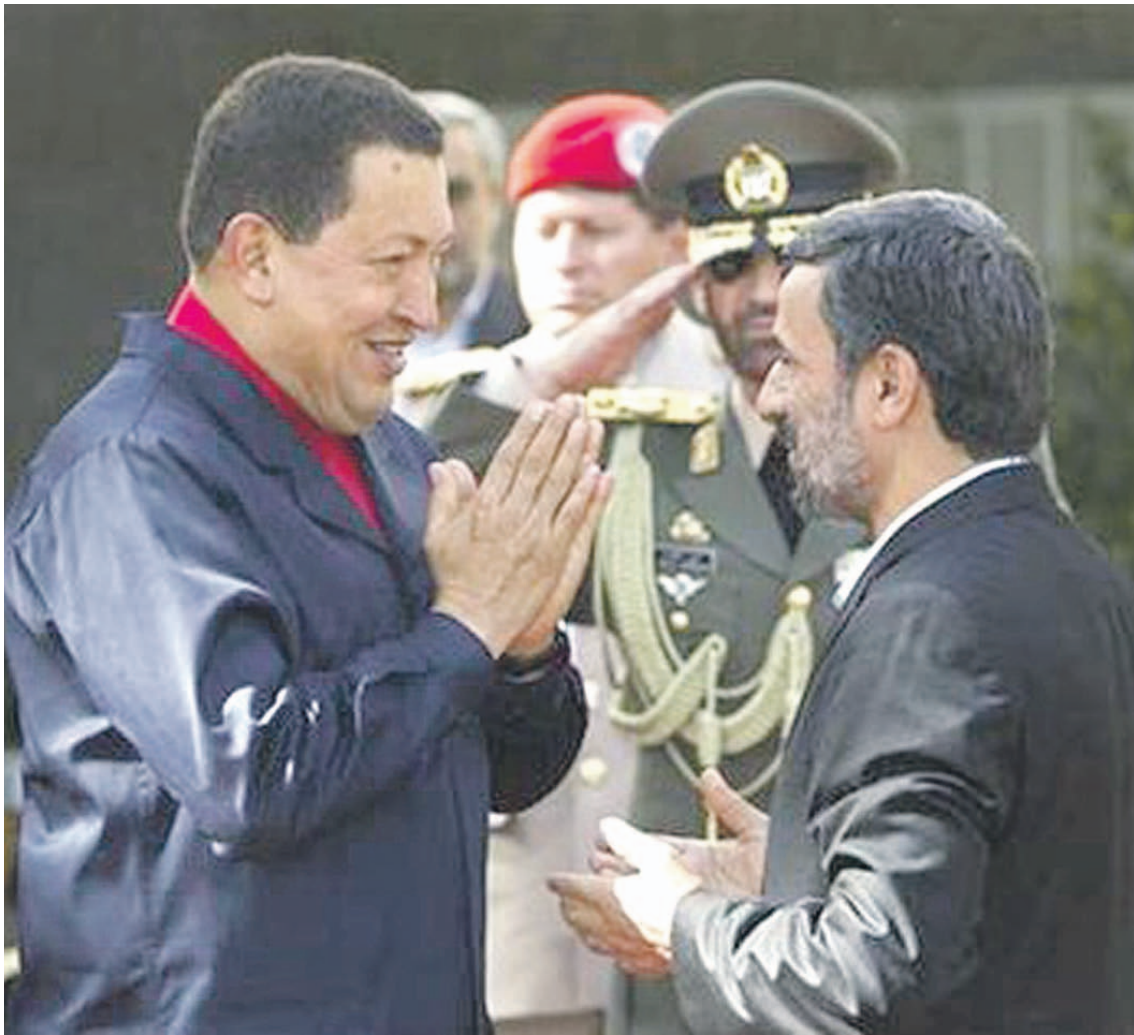
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Irán recibe Chávez como socio contra presión de potencias de Occidente

TEHERAN (Reuters) - El presidente iraní, Mahmoud Ahmadinejad, recibió a su cercano aliado latinoamericano Hugo Chávez el martes, acogiendo el apoyo que le ha brindado el presidente venezolano frente a la presión ejercida por potencias occidentales sobre la república islámica. Ambos líderes son vistos con recelo por Estados Unidos, quien buscó sanciones más duras contra Irán a causa de su programa nuclear, el cual ha sido cuestionado por Washington que teme que pueda llevar al desarrollo de una bomba.

Los mandatarios de los dos países exportadores de petróleo inspeccionaron una guardia de honor antes de iniciar sus conversaciones que, según la prensa iraní, buscan impulsar la cooperación en



El presidente iraní, Mahmoud Ahmadinejad (der.), recibe al presidente venezolano, Hugo Chávez, en una ceremonia de bienvenida en Teherán. Oct 19 2010 REUTERS/Raheb Homavandi

el sector de petróleo, gas y petroquímicos.

“La postura progresiva y fraterna de Venezuela en condenar las sanciones contra Irán impuestas por potencias intimidadoras es indicativo de los profundos y firmes lazos entre ambos países”, dijo Ahmadinejad, según lo citó la agencia estudiantil de noticias ISNA.

Chávez realiza una gira de 10 días por Europa y Oriente Medio y durante su paso por Rusia el viernes aseguró un acuerdo para construir la primera planta nuclear en Venezuela. Un reactor ruso tiene previsto comenzar a suministrar energía nuclear de Irán a inicios del próximo año, en un avance en tecnología atómica que Teherán dice le permitirá exportar más de sus combustibles fósiles. Irán niega estar buscando una bomba nuclear. □

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